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## Delaying the Athletes First Death? The Development of Injury Prevention Strategies for Master Athletes

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## **Inspiring Minds Submission: Princess Ulona**

### **Delaying the Athletes First Death? The Development of Injury Prevention Strategies for Master Athletes**

Master Athletes (MA) are an increasing subset of older adults who participate in sports either recreationally or professionally. As athletes continue to grow older, or better yet, more older adults take up sports later in life, it is important that medical professionals and coaches can provide the right care that meets their needs and prolong their athletic careers as sport-related injuries are an ever-present threat. Studies have found that it is not that MAs get injured during sports participation more than the younger athletes, but it is the pathology of injury and rehabilitation time that changes. With longer rehabilitation times due to age-related physiological changes, sports-related injuries can be a significant event for MAs, possibly ending their athletic career. This study will develop injury prevention strategies (IPSs) that seeks to address these incidences of injury in MAs and reduce the number of MAs that are admitted into rehabilitation institutions.