

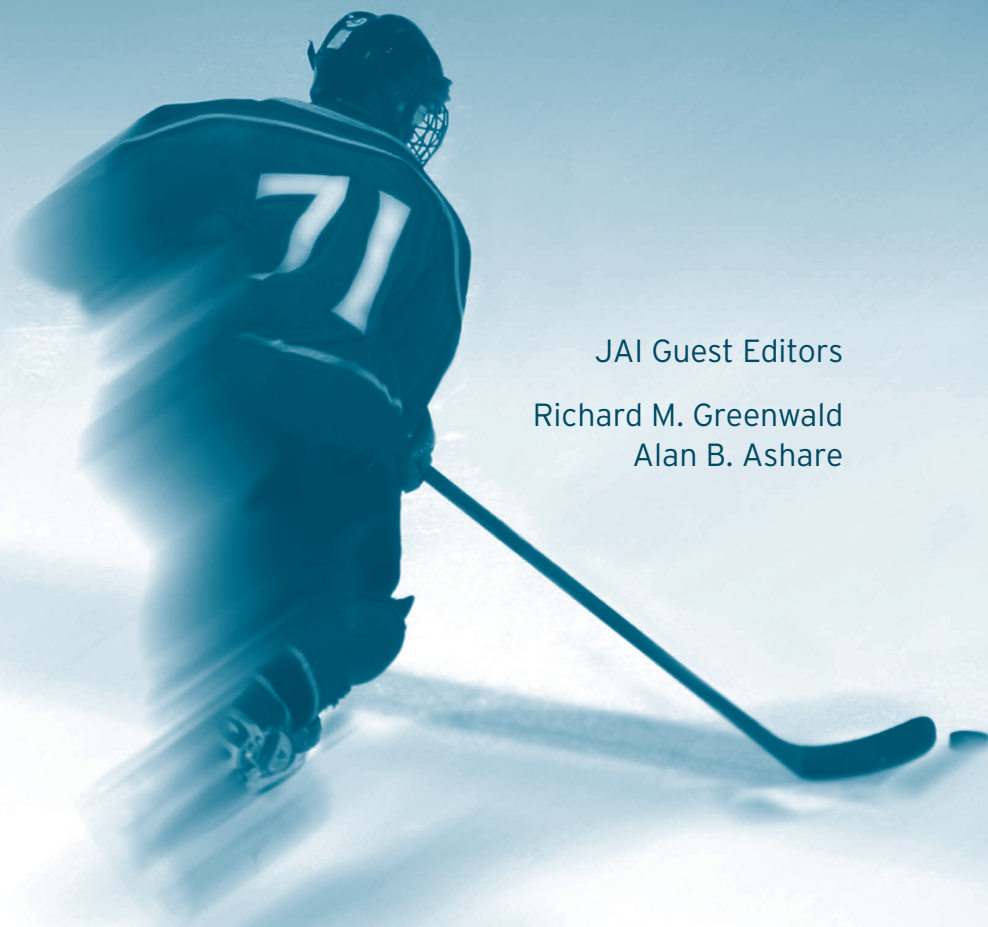
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Safety in Ice Hockey

5th Volume



JAI Guest Editors

Richard M. Greenwald
Alan B. Ashare

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Foreword

THIS COMPILATION OF THE *JOURNAL OF ASTM INTERNATIONAL* (JAI), STP1516, on *Safety in Ice Hockey: 5th Volume*, contains only the papers published in JAI that were presented at a symposium in Denver, Colorado, May 4–5, 2008 and sponsored by ASTM Committee F08. This symposium was the fifth in a series: the first being held in 1987 in Montreal, the second in 1992 in Pittsburgh, the third in 1997 in St. Louis, and the fourth in 2002 in Pittsburgh. The objective of the symposium and corresponding publication has been to review the current state-of-the-art and science of ice hockey injury prevention.

The JAI Guest Editors are Richard M. Greenwald, Simbex, Lebanon, NH, Thayer School of Engineering, Dartmouth College, Hanover, NH and Alan B. Ashare, St. Elizabeth's Medical Center, Tufts University School of Medicine, Boston, MA.

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Overview

This is the fifth in a series of presentations addressing issues of safety, injury prevention, and decreasing the risk of catastrophic injury—the first being published from the symposium held in 1987 at Montreal. These Symposia have been held every five to six years, which we feel is an adequate time for new ideas to be formulated. The idea is to present the latest ideas and promote discussion among researchers of expertise and experience in injury prevention and decreasing the risk for catastrophic injury. These presentations bring together researchers in a diverse group of fields, including sports medicine, bioengineering, mechanical engineering, neuropsychology, sports litigation, and sports epidemiology.

In some ways the game of ice hockey has changed, become faster, players have become bigger, and, to some extent, the game has become more dangerous. However, to the vast majority, the players are still “normal” size, are not very much faster than they were twenty years ago, but the players are still sustaining injuries, sometimes catastrophic, which incidence really should decrease with improvements in safety.

There are two objectives of these symposia: the first is injury prevention, and the second is decreasing the risk of catastrophic injuries. There are basically four approaches to achieving these objectives:

- changes or improvements in protective equipment,
- new coaching techniques,
- changes in the playing rules, and
- awareness of possible injuries by the players and coaches.

Head and neck injuries have again taken center stage with eleven of twenty-two presentations. The analysis, prevention, and treatment of concussions (mild traumatic brain injuries) have been prominent for the past decade in ice hockey and other contact sports (football, soccer, lacrosse). We have learned to identify the problem, and we have taken steps to treat the injury, but, more importantly, we are looking to make strides in prevention.

There are continued improvements in protective equipment, the playing rules are continually evaluated to address reducing specific injuries, and coaches are using training techniques designed to help players avoid injuries, especially catastrophic injuries. But players still sustain injuries.

Acknowledgments

We would like to acknowledge the support and efforts of various individuals at ASTM. Martyn Shorten was Chairman of F08 when this symposium was being planned, and was extremely supportive and helpful. Harvey Voris was Chair of F08.90, Subcommittee on Symposia, and strongly supported this project. Christi Sierk, Staff Manager of F08, provided both on-site logis-

tical support and expertise in planning. Dorothy Fitzpatrick was essential in the coordination and execution of the symposium, as she has been for the last two (or is it three) symposia.

Linda Boniello worked tirelessly through the editorial process, and Suze Reilly was invaluable in the final process of completing and publishing this STP.

We acknowledge the financial support of HECC (Hockey Equipment Certification Council), USA Hockey, and USA Hockey Foundation. We want to thank the leadership of USA Hockey and the USA Hockey Foundation, Ron DeGregorio, President, Dave Ogrian, Executive Director, and Bill Hall, Secretary, for their support and encouragement for this project. We want to thank Dr. Michael Nanne, President of HECC, for his support. We also thank our colleagues, the researchers, the rink managers, the manufacturers, the general safety enthusiasts, the players, and their families for their great interest in the prevention of injuries and promotion of safety for all hockey players.

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