

ENGLAND HOCKEY

HOCKEY FACTSHEET 9



MOUTH GUARDS

An estimated 6000 teenage dental sports injuries occur each year in England because they don't wear protective mouth guards.

Beyond protecting teeth a mouth guard will protect the lips, tongue and cheeks, and also protect against head and neck injuries by cushioning blows that might otherwise cause concussion or lead to jaw fractures.

TYPES OF MOUTHGUARD

Stock Mouth Guard

- Bought ready to use from sports shops.
- In most cases very uncomfortable
- Come in 2 sizes
- Does not offer adequate protection from a blow from a hockey ball

Boil and Bite Mouth Guard

- Bought from sports shops
- Impression of teeth made into softened plastic
- Only come in limited sizes
- Limited protection given to top of teeth and gums

Custom Mouth Guard

- Made directly from a mould of the athletes mouth
- High level of comfort
- Fit very well, unlikely to fall out
- Help prevent a wide range of injuries
- A mouth guard that is made for your child's mouth is more likely to be worn at every game and for the entire game

Typically in England a custom-made mouth guard will cost around £35. Although wearing a mouth guard is currently not in the regulations of playing hockey they are strongly recommended and parents are urged to take as many precautions when it comes to protecting injury to their children in the game.

Parents are advised to remember that the cost of a custom mouth guard is considerably cheaper than the cost of repairing or replacing broken teeth.