

## CWSF 2016 - Montreal, Quebec



### Sienna Longo

#### Growing Pains

**Challenge:** Health

**Category:** Junior

**Region:** East Kootenay

**City:** Fernie, BC

**School:** The Fernie Academy

**Abstract:** The purpose of "Growing Pains" was to study the prevalence, effects, treatments, and prevention of repetitive stress injuries (RSIs) in youth athletes. A survey, research, and interviews were conducted to gain more knowledge on different types of repetitive stress injuries and their effects on adolescent athletes. In order to apply the study results, prevention methods were researched and adolescent RSI awareness became another objective.

#### Biography

My name is Sienna Longo and I am 14 years old. I am in Grade 8 at The Fernie Academy and my favourite subjects are Science and English. I have been dancing Ballet, Modern, and Jazz since I was 5, I sing classically, I play the guitar, and I love to travel. I want to be a Pediatric Surgeon and I plan to get a Bachelor's Degree in Science from Queen's University and a Medical Degree from McGill University. I would also love to do a semester abroad at the University of Siena Medical School in Siena, Italy. My inspiration for this project stemmed from my own experience with repetitive stress injuries (Patella-Femoral Syndrome and Achilles Tendonitis) from dance, and from my love of Biology and Anatomy. My plan for further investigation would be to research and create an exercise and cross-training program, and a nutrition plan that could be tailored to different athletes and different sports. My advice to students participating in a science fair would be to pick a topic that interests you and not be afraid to take your project further.

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