

Tips on Selecting Frames for Racquet Sports:

Most sports related eye injuries occur in basketball, baseball and racket sports - up to 38,000 eye injuries a year! It is estimated by the World Squash Federation that 1 in 4 players will suffer some sort of eye injury, regardless of skill level. An "A" squash or racquetball player can strike the ball at 125-145 mph. A novice 12-year old child strikes a squash ball at 80 mph. There is actually more energy in a squash ball than a .22 caliber bullet because of the weight of the ball. Racquets swung violently in confined spaces also makes for potentially dangerous situations. The good news is that at least 90% of sports related injuries are preventable. Sports goggles offer the best protection and can be fit with prescription lenses. Here are some tips on selecting the right eyewear.

Frames: . Protective eyewear is available in either a goggle design or a shield. Goggles offer better protection than shields. Regardless of which design you prefer, the frame should cover the entire socket and not just the eyeball. If you select a shield, look for a frame that fits closely to the face, so as to minimize the potential for a finger to get underneath and displace the frame. The frame should have padding at the temple and bridge. This will absorb some of the shock to lessen the overall impact, and will limit damage the frame may cause to the face. An elasticized band is best to hold the frame in place. Regular temples will not secure the frame tightly enough and a finger could displace the frame and end up in your eye. In addition to having an impact resistant lens, the frame must also be able to withstand impact. Frames molded with propionate are lightweight and offer strength and flexibility

Lenses: The key element to look for in protective eyewear is polycarbonate lenses since they are virtually unbreakable and can sustain the impact of a ball or racquet.