

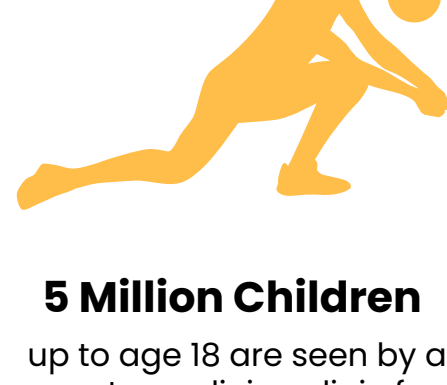
# Youth in Motion

## Common Sports Injuries and Their Prevention

Almost one-third of all injuries incurred in childhood are sports-related injuries. Share this infographic with coaches, parents, and athletes to raise awareness about common sports injuries and their prevention.



**Of Sports Injuries** happen during practice, not in the game.



**5 Million Children**

up to age 18 are seen by a sports medicine clinic for injuries each year.



**Every 25 Sec**

a young athlete suffers a sports injury severe enough to be treated in an emergency department.

## Most Frequent Injuries in Youth Sports

1. Strains and Sprains



2. Heat-Related Injuries Like Dehydration and Heat Exhaustion



3. Concussion



## Most Commonly Affected Body Parts

Ankles



Head

Finger

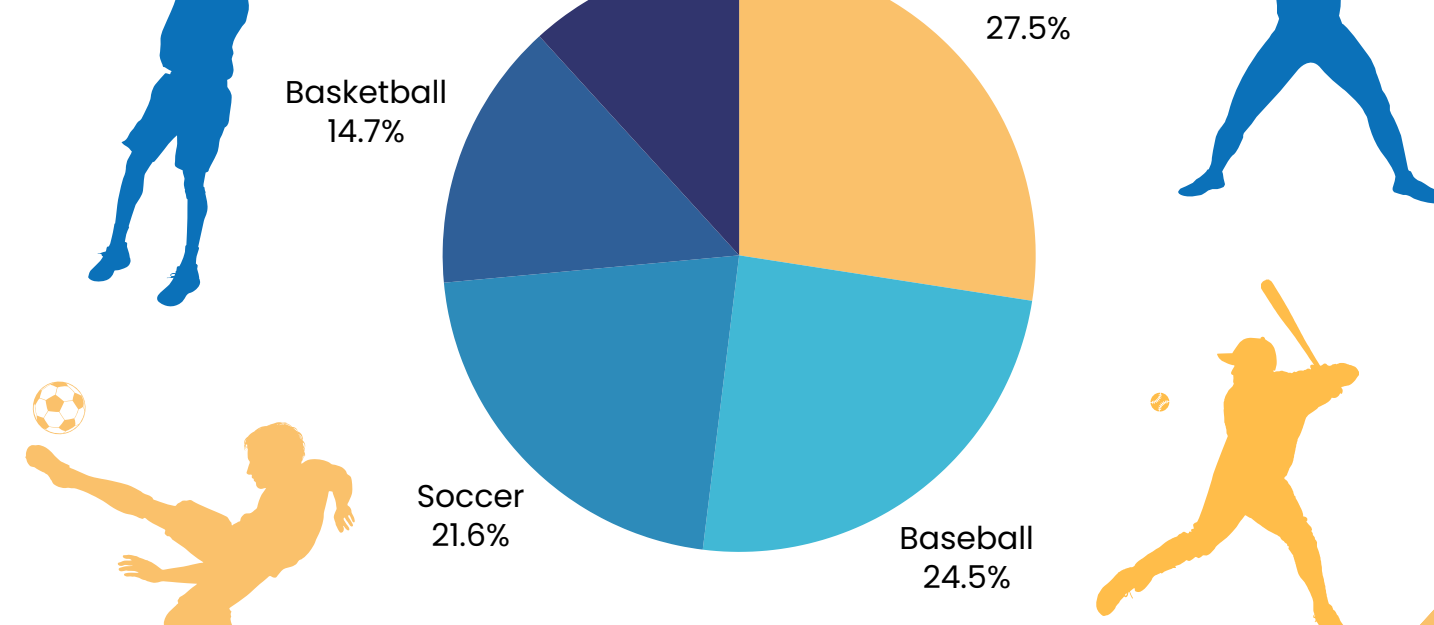
Knee

Face

Shoulder

Elbow

## What Youth Sports Have the Most Injuries?



## 5x the Injuries

Since 2000, there has been an increase in serious shoulder and elbow injuries among youth baseball and softball players.

## 50%+

of all youth sports injuries could have been prevented.

## Tips to Avoid Youth Injuries in Sports

**Proper Technique:** Teach athletes the correct way to perform sports-specific movements to reduce the risk of injury.

**Strength Training:** Help athletes build strength and endurance to withstand the physical demands of their sport and specific position.

**Don't Skip Warm-ups:** Appropriate warm-up activities are necessary to prepare bodies for strenuous activities ahead.

**Stretching:** Teach athletes to stretch properly before (Dynamic) and after (Static) sports activities to increase flexibility and reduce the risk of injury.

**Hydration:** Stay well-hydrated to prevent heat-related injuries, such as dehydration and heat exhaustion.

**Concussion Awareness:** Know the signs and symptoms of concussions and implement protocols for identifying and managing concussions.

**Never Ignore Injuries or Pain:** If a player complains of pain or injury, stop playing until evaluated by a sports medicine physician.

**Get the Gear:** Make sure kids wear the proper gear to prevent injuries.

**Rest and Recovery Time:** Athletes must take at least one mandatory rest day. Consider at least a month off from a specific sport per year to allow the body to recover completely.

**Physical Therapy:** Prevent early injuries from becoming chronic with specific targeted exercises and proper rehabilitation.

## Make Every Young Athlete's Dream a Reality

This infographic was presented by the Orlando Orthopaedic Center Foundation. We believe all youth athletes should be able to develop a lifetime of healthy habits by playing the sports they love. Learn more at [orlandoortho.com/foundation](http://orlandoortho.com/foundation).