



## ***Pediatric Sports Injury Risks***

Traumas that occur in high contact sports tend to receive the most attention. However, the most common injuries among young athletes can be obtained during any type of physical activity and are usually caused from overuse. The most common are growth plate injuries, sprains, and repetitive motion injuries. If an injury occurs, consult with a pediatric orthopaedic specialist immediately.

### ***Injury Prevention Tips***

- Avoid early, single sport specialization. Studies show that specialization does not improve athletic performance and can be both physically and emotionally damaging to the child.
- Take time off. Overuse injuries are one of the most common injuries in adolescent sports. It is recommended to play no more than 8 months per year.
- If something hurts, take a break.
- Adequate supervision. Make sure whoever is coaching your child has the athletes' best interests in mind.



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- Consider a prevention program. Learn proper techniques (how to throw a pitch or how to land properly) and obtain a pre-season evaluation to assess risk for an injury.
- Always wear the appropriate gear. Protective gear during practices or backyard games may prevent traumatic injuries.
- Be in the proper physical condition for all sports. Conditioning exercises are vital in preventing injury.
- Take breaks. Rest periods during practice and games can reduce injuries and prevent heat illness.
- Follow the rules. There are strict guidelines in all sports to prevent injuries and they are there for the athletes protection.
- Warm-up and cool-down. Proper warm up exercises can help avoid strains/sprains and cooling down can loosen muscles that tightened during exercise.
- Play it safe in the heat. Make sure adequate water is readily available. Wear light colored “breathable” clothing, take regular breaks, and avoid playing in excessive heat or humidity.

**Shriners Hospitals for Children® – Twin Cities** has been specializing in pediatric orthopaedic specialty care for over 93 years and all care is provided regardless of ability to pay. All patients are seen by a pediatric orthopaedic fellowship trained surgeon.



**Michael J. Priola, DO**  
**Pediatric Orthopaedic Surgeon**  
**Sports Medicine Specialty**

Appointments can be made by calling 612-596-6105.  
For more information, please visit our website:  
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