

A CLOSER LOOK AT YOUTH SPORTS INJURIES



FOR ATHLETIC KIDS, nothing compares to the rush of chasing after a soccer ball, shooting hoops, or scoring a touchdown.

For parents, a child's first sports injury, serious or not, can be frightening. Questions about treatment and fears of the worst possible outcome can make parents hesitant to encourage kids' participation in sports. The following infographic will provide information about youth sports injuries, symptoms and advice to reducing risk of injury.

IF ONLY THE FUN CAME WITH NO RISK OF INJURY.



STATISTICS OF YOUTH SPORTS PARTICIPATION AND INJURIES

7,963,535 Millions of kids participate in youth sports Kids played high school sports during the 2016 – 2017 school year

The most popular boys' programs (by annual participation) are:



The most popular girls' programs (by annual participation) are:



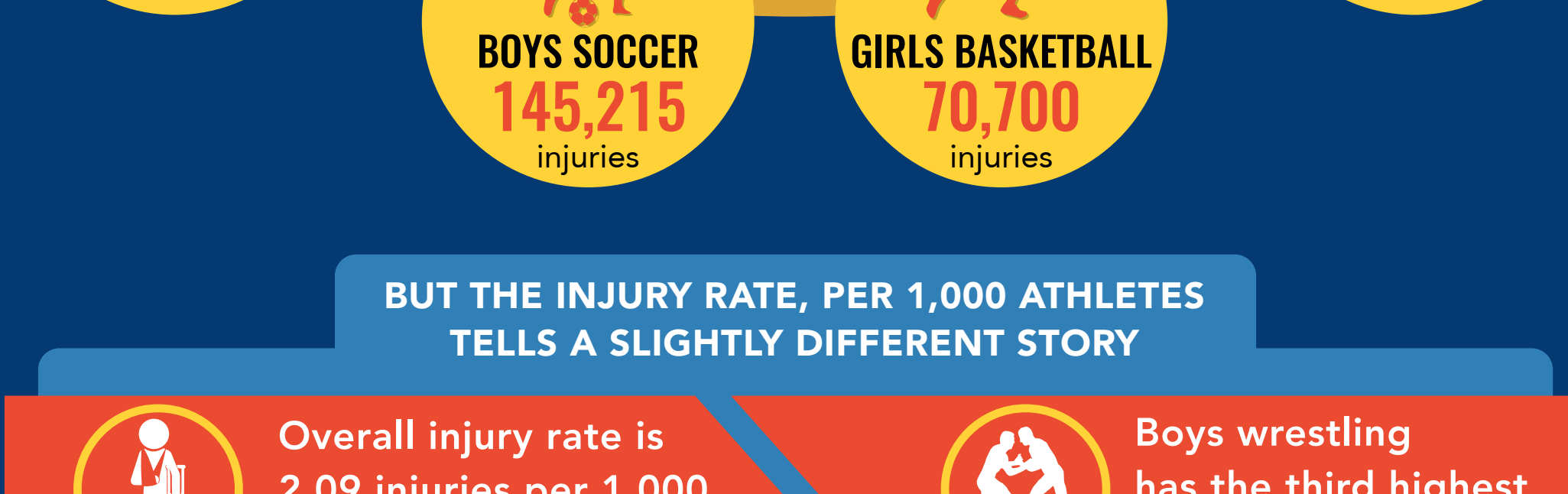
NUMBER OF YOUTH SPORTS-RELATED INJURIES ANNUALLY

IT IS ESTIMATED THAT **1,160,321** High school students sustained a high school sports-related injury in the 2016 – 2017 school year

MOST INJURIES OCCUR IN COMPETITIONS AS OPPOSED TO DURING PRACTICE



SPORTS WITH THE MOST INJURIES (2016 – 2017 SEASON)



BUT THE INJURY RATE, PER 1,000 ATHLETES TELLS A SLIGHTLY DIFFERENT STORY

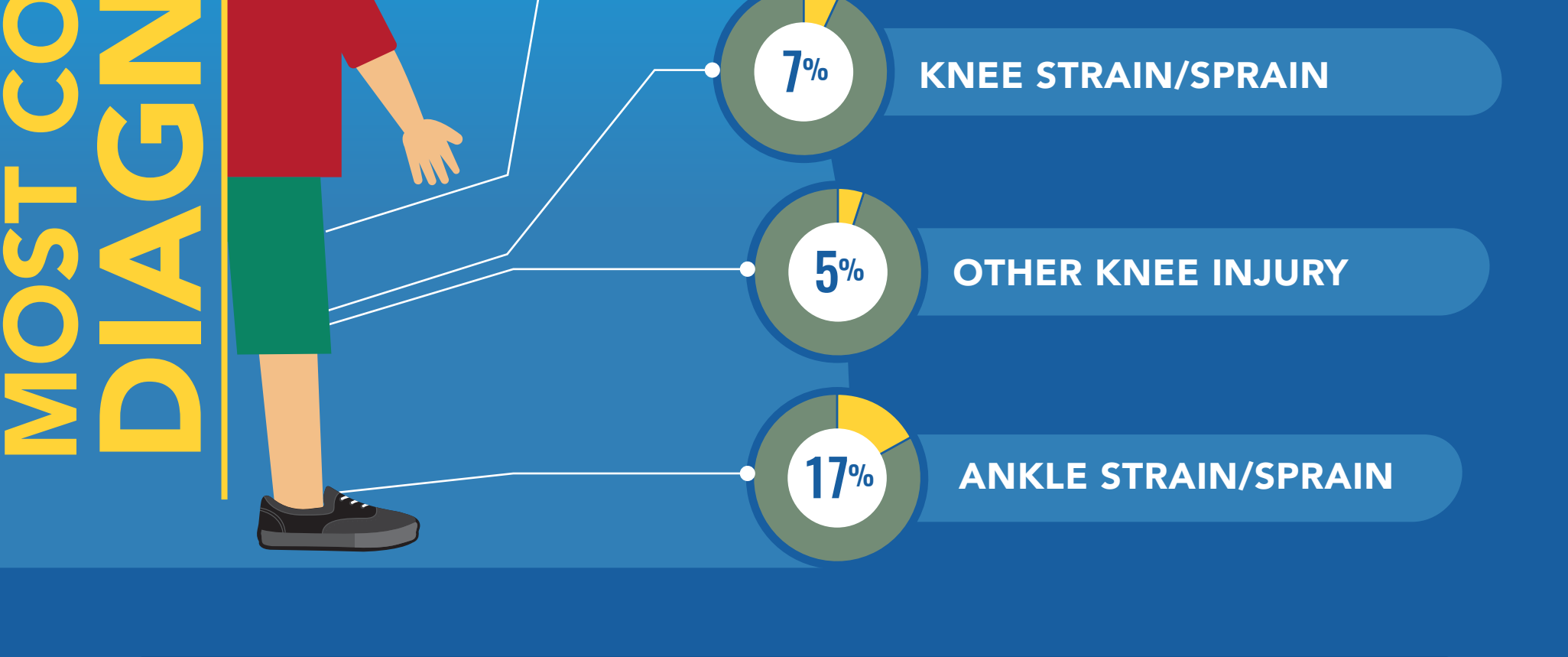


SPORTS-RELATED INJURIES AND THEIR SYMPTOMS

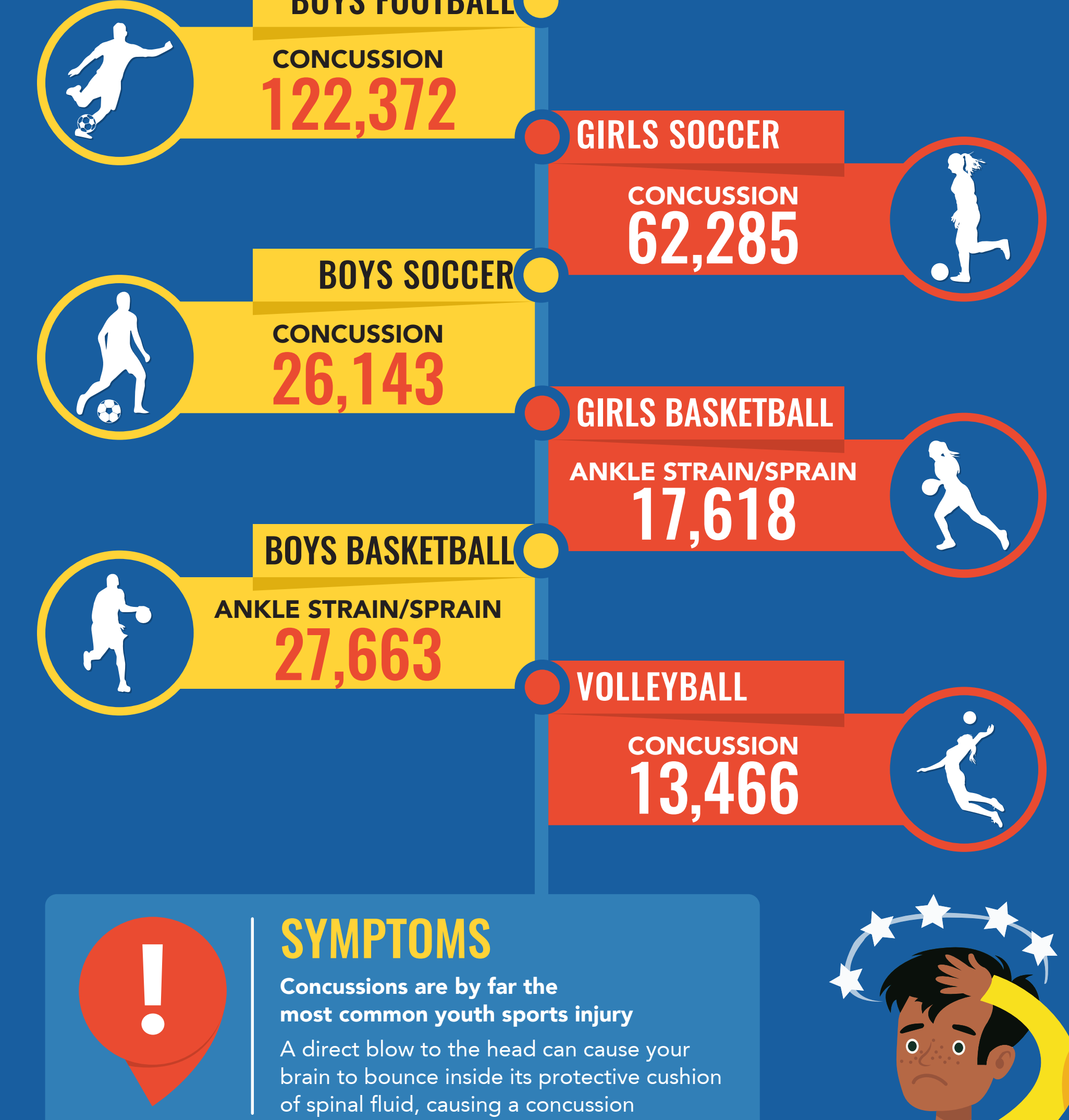
MOST COMMON INJURIES



ROUND OUT THE TOP 5 INJURY SITES



MOST COMMON INJURY DIAGNOSIS BY SPORT (2016 – 2017 SEASON)



SYMPTOMS

Concussions are by far the most common youth sports injury. A direct blow to the head can cause your brain to bounce inside its protective cushion of spinal fluid, causing a concussion.

SYMPTOMS INCLUDE

- HEADACHE
- BLURRED VISION
- NAUSEA
- IRRITABILITY
- FATIGUE
- DIZZINESS
- DIFFICULTY CONCENTRATING AND/OR THINKING CLEARLY
- SLEEP PROBLEMS (BOTH SLEEPING MORE THAN USUAL & SLEEPING LESS THAN USUAL)



TREATMENT OPTIONS

- Imaging tests (MRI and/or CT scan)
- Physical and mental rest for 7 to 10 days
- Physical and neurological examination by a physician
- Slow return to daily activities when no symptoms persist
- Repeated concussions can cause permanent brain damage and death
- Baseline neurological evaluation pre-season can help physicians determine when a concussion is fully healed

SPRAINS AND STRAINS ARE THE SECOND MOST SUSTAINED INJURY

IT OCCURS WHEN LIGAMENTS TEAR OR GET OVER STRETCHED

SYMPTOMS INCLUDE



TREATMENT OPTIONS

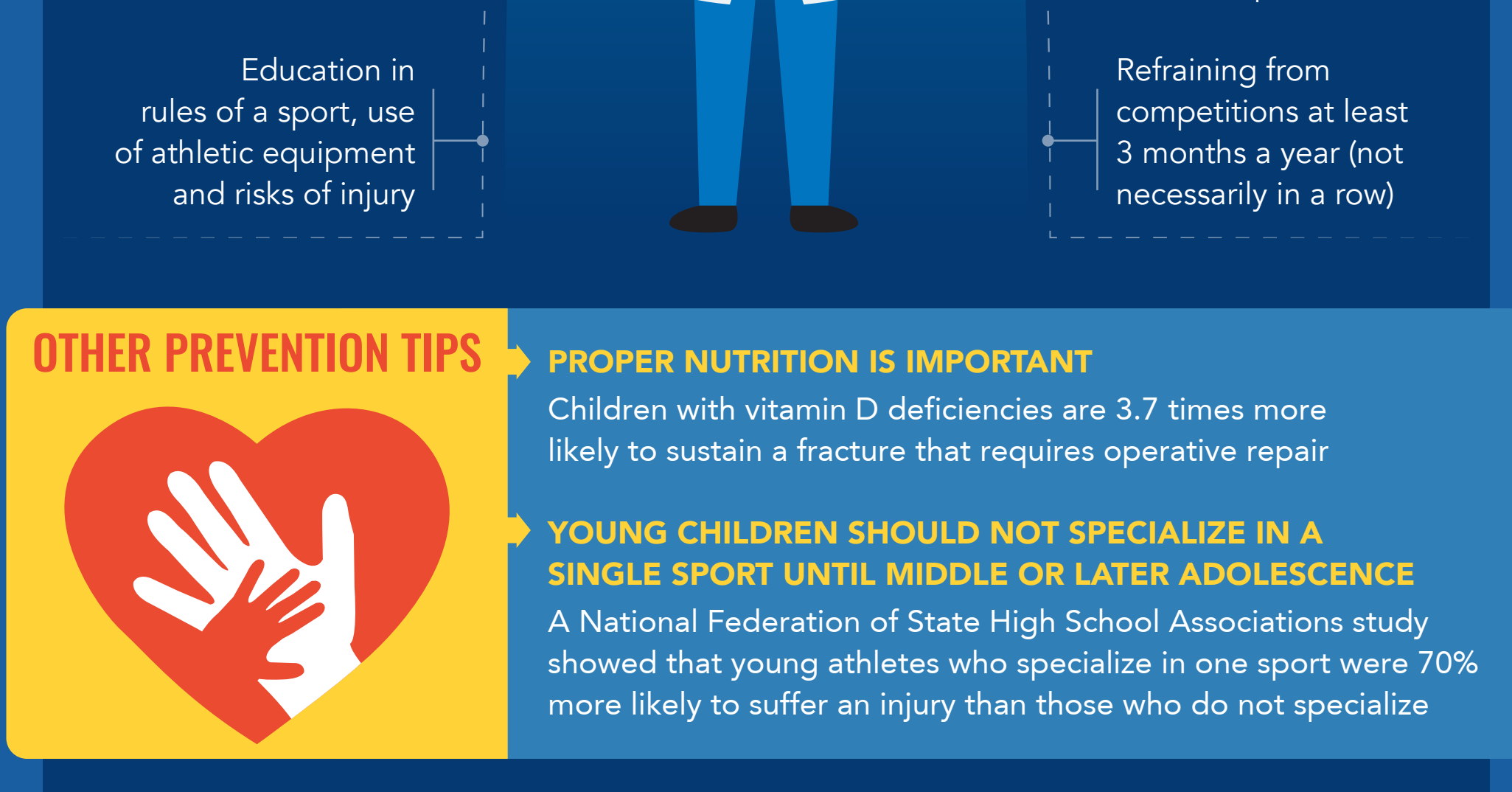
- Rest the area and if necessary use a splint, sling or crutch
- Ice for 20 minutes each hour for 24 to 48 hours
- Compress the area with a bandage or brace
- See a physician if pain & swelling continues, or if a broken bone is a possibility
- Manage pain with anti-inflammatory like Tylenol or Advil
- Elevate area above heart level

HOW TO REDUCE THE RISK OF INJURY

VULNERABILITY TO INJURY

In addition, the rapid height and weight gain that adolescents go through make their bones and cartilage more susceptible to accidents and stresses. While they are growing, children's craniums are disproportionately large in comparison to their bodies which make them prone to concussions.

INJURY PREVENTION STRATEGIES



OTHER PREVENTION TIPS

- PROPER NUTRITION IS IMPORTANT**
Children with vitamin D deficiencies are 3.7 times more likely to sustain a fracture that requires operative repair
- YOUNG CHILDREN SHOULD NOT SPECIALIZE IN A SINGLE SPORT UNTIL MIDDLE OR LATER ADOLESCENCE**
A National Federation of State High School Associations study showed that young athletes who specialize in one sport were 70% more likely to suffer an injury than those who do not specialize

Youth sports have a number of benefits for children and adolescents including physical and mental health, social well-being and higher academic performance. The risk of injury may keep some kids out of the game, but preparation, proper equipment and attention to risk factors can ensure team sports are safe, fun, and positive for young people.