

Sports Injury Prevention Tips For Kids

Participation in sports offers tremendous benefits for children. We also know that getting sidelined with an injury can be one of the worst things for kids. As parents and coaches there are some simple things we can do to help reduce preventable injuries. Here are some important safety tips to consider:

Prepare for the demands

- Make sure your child receives a physical exam by a doctor prior to participating in athletics
- Ensure coaches have your updated contact info in case of an emergency
- Always share any medical conditions that require special attention with the coach

Warm Up

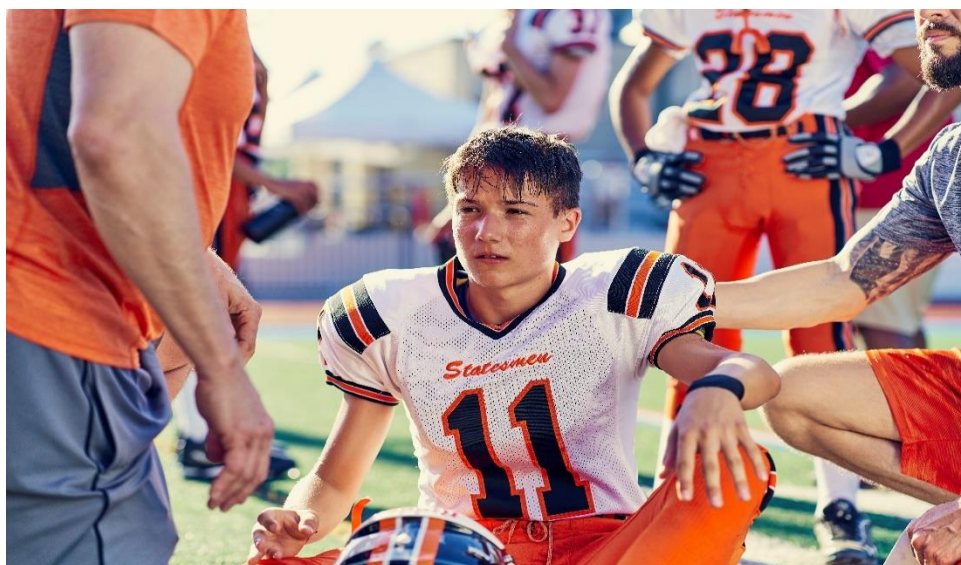
- Kids should lightly jog for about 10 mins followed by dynamic stretching of all major muscle groups

Hydration

- Parents should learn the signs and symptoms of dehydration
- Encourage children to stay hydrated by drinking water before, during & after all games and practices

Make Rest A Priority

- Encourage athletes to communicate any pain, injury or illness they develop during games or practices.
- Children should have at least 1 to 2 days off from any sport each week



ST. VINCENT SPORTS PERFORMANCE AT FISHERS HOSPITAL

Dr. Dan Ordaz and Dr. Bree Simmons

Walk-in appointments available 8-10am Monday through Friday

To schedule an appointment call 317-415-5795