

Sports Injuries

Whether they're playing sports or just a simple game of tag, kids can sometimes overdo it. Help them feel better and stay safe.



Play smart

- Keep sports fun and age-appropriate
- Help skills and muscles develop through different kinds of activities
- Limit sports to 5 days a week and 1 sport per season
- Schedule a physical exam for your child 4-6 weeks before the season starts



Know the signs

“Overuse injuries” happen when bones, muscles, and other body parts are used too much without time to heal. Talk to a healthcare professional right away if your child:



- Can't put weight on a body part
- Favors one side of the body
- Says it hurts to use a body part
- Can't sit and/or climb stairs
- Has stiff joints or muscles
- Is unusually weak
- Has trouble breathing
- Has dizziness, lightheadedness, or headache
- Loses feeling in fingers or toes

Remember R.I.C.E.

For strains and sprains, follow these steps:



- **Rest** your child from their regular activities and have them keep weight off the injury
- **Ice** the injured area for ONLY 20 minutes, 4-8 times daily
- **Compress** the injured area with an elastic wrap, boot, or splint to reduce swelling
- **Elevate** the injured area above the heart to further reduce swelling

Tackle pain and fever

TYLENOL®

Active ingredient: acetaminophen

- Starts to reduce fever quickly
- Reduces pain and fever while being gentle on tummies

MOTRIN®

Active ingredient: ibuprofen

- Treats pain + fever
- Works fast and lasts up to 8 hours