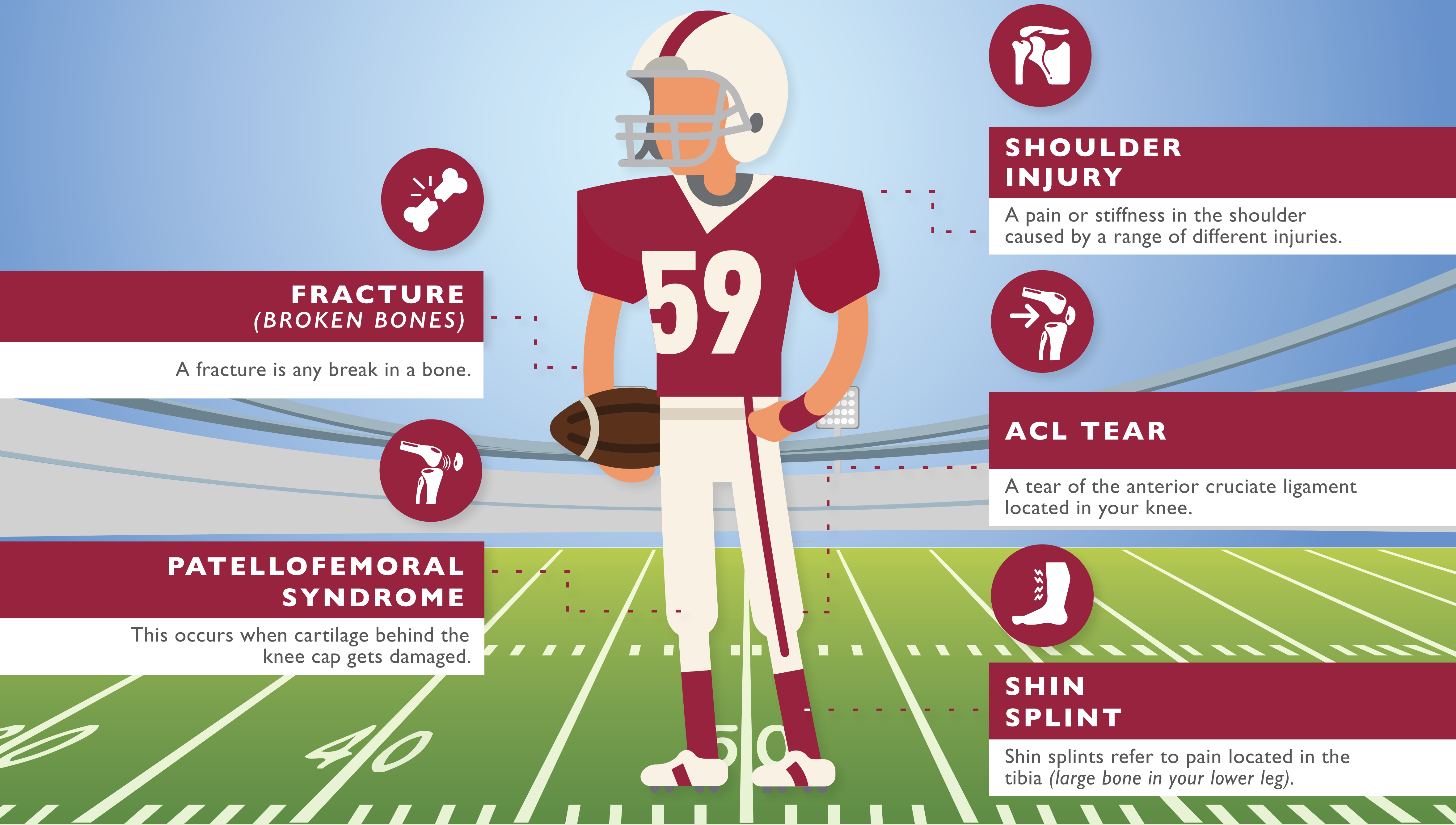


parents'  
FIELD GUIDE  
TO SPORTS INJURY



INJURY	WHAT DO I LOOK FOR?	WHAT SHOULD I DO?
 SHOULDER INJURY	<p>Your child has been complaining about their stiff or tender shoulder. They may even mention lack of shoulder strength.</p> <p>Shoulder injuries are most common in sports like football, baseball, and wrestling.</p>	<p>Minor shoulder injuries can be treated with rest, ice, or over-the-counter pain medication.</p> <p>If the injury presents itself more seriously, seek medical attention.</p>
 FRACTURE (BROKEN BONES)	<p>Notice a deformity in bone structure? Keep an eye out for bruising, swelling, or an inability to bear weight.</p> <p>You may also experience loss of function in the affected area.</p>	<p>Immobilize the injured area and apply ice packs to reduce any swelling.</p> <p>Do not attempt to move the athlete except to avoid further injury. As with all sports injuries, suspected fractures should be treated with the same level of importance.</p>
 ACL TEAR	<p>Your child felt or heard a “pop,” followed by swelling of the knee.</p> <p>These symptoms may prohibit the placement of weight on the injured area.</p>	<p>Seek medical attention immediately.</p> <p>Potential courses of action may be surgical or therapeutic in nature.</p>
 PATELLOFEMORAL SYNDROME	<p>Engaging in day-to-day activity is causing pain or stiffness in your child’s knee.</p>	<p>This condition can be treated by temporarily removing the pain-causing activity until the knee feels better.</p> <p>Athletes should also rely on rest, ice, and elevation of the injured knee.</p>
 SHIN SPLINT	<p>Has your child recently changed the way they train for a particular sport?</p> <p>Sometimes this can cause pain or soreness in the shin, otherwise known as a shin splint.</p>	<p>Oftentimes, shin splints can be treated with over-the-counter pain medication, ice, and rest.</p> <p>You should always seek medical attention if pain continues or you feel the injury may be threatening.</p>

