Overuse injuries can cause permanent damage and increase the chances of surgeries and arthritis later in life. Keep kids in the game for life by regularly discussing how they feel physically before, during, and after games and practice. Open lines of communication can help keep athletes in top physical condition all year round. Become an advocate for safe sports participation.

Nearly 50% of all injuries sustained by middle school and high school students during sports are overuse injuries.*

For more information, visit www.STOPSportsInjuries.org

*American Academy of Orthopaedic Surgeons, AAOS Now, 2009