



Sports Injury

When and Where Sports Injuries Occur

Children are more susceptible to sports related injuries because they are still growing. It is important to understand that these injuries can cause permanent damage.

- ◆ One-half to two-thirds of sports related injuries occur during unorganized sports activities.
- ◆ Most injuries (60%) occur during practice rather than in games.
- ◆ Acute injuries occur as a result of sudden trauma from a major force. The most common sports related injuries are sprains, followed by fractures and dislocations.
- ◆ Chronic repetitive injuries (overuse injuries) are the result of a series of small injuries that can cause minor fractures, minimal muscle tears or progressive bone deformities. The frequency of chronic injuries among children in organized sports has been increasing.
- ◆ Injuries associated with participation in sports and recreational activities account for 10% of all traumatic brain injuries in the United States.

Who is at Risk?

Children who do not wear or use protective equipment are at greater risk for sustaining sports related injuries. Barriers to use include lack of awareness for potential injury, inappropriate or unavailable equipment and lack of money to purchase equipment.

Prevention Tips

- ◆ **A sports injury prevention program to include:**
 - Proper physical and psychological conditioning**
 - Use of appropriate safety equipment**
 - A safe playing environment**
 - Adequate adult supervision**
 - Safety rules that are enforced**
- ◆ **Children must be matched and grouped according to similar skill level, weight and physical maturity.**
- ◆ **Children must be educated by their caregiver on the consequences of sports injury and the importance of protection themselves.**

Georgia Emergency Medical Services for Children

