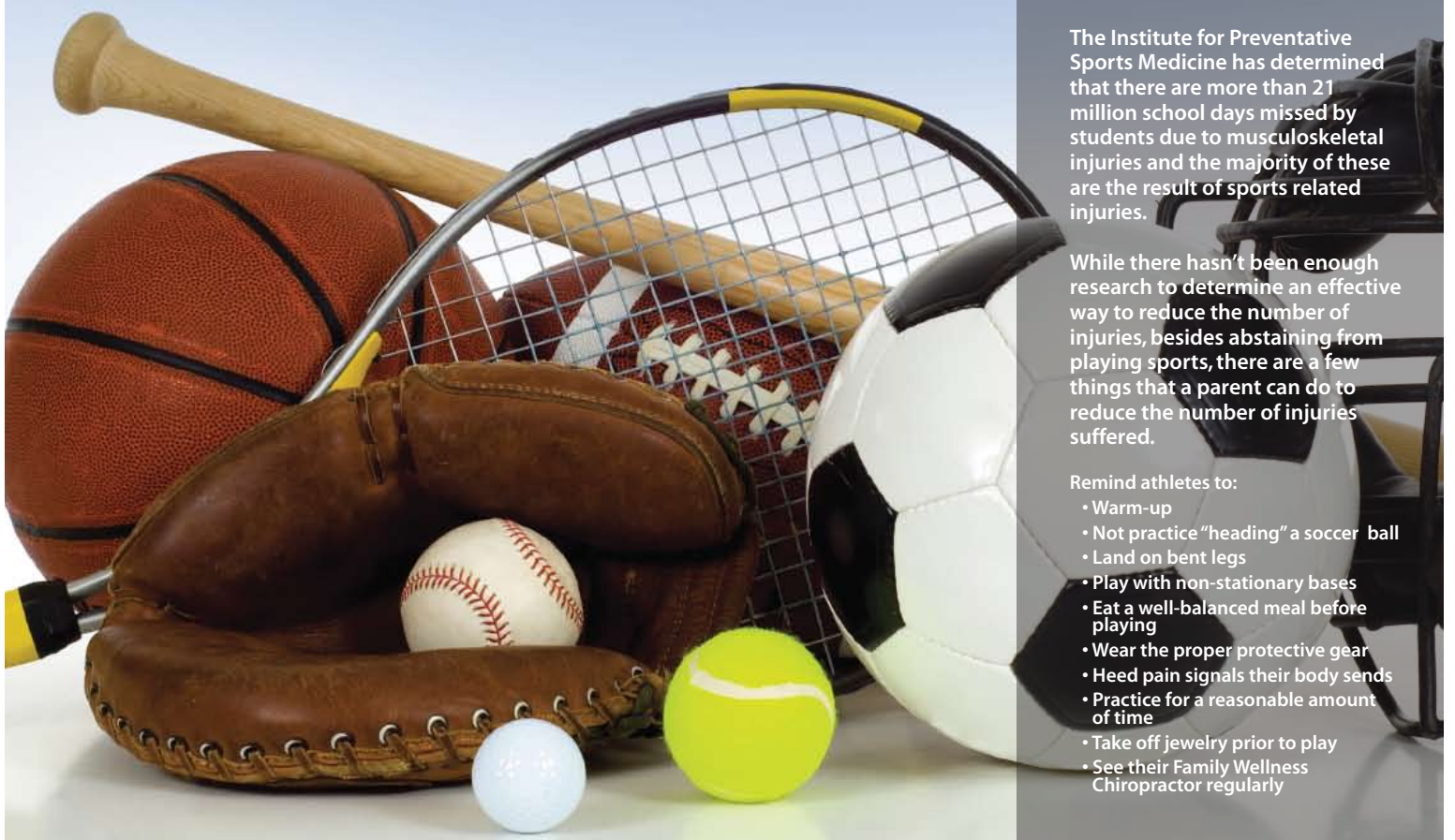


DID YOU KNOW...

that almost one-third of all injuries incurred in childhood are sports-related?



More than 3.5 million children under the age of 14 suffer at least one sports-related injury every year and 300,000 of those will be brain injuries or concussions.

The Institute for Preventative Sports Medicine has determined that there are more than 21 million school days missed by students due to musculoskeletal injuries and the majority of these are the result of sports related injuries.

While there hasn't been enough research to determine an effective way to reduce the number of injuries, besides abstaining from playing sports, there are a few things that a parent can do to reduce the number of injuries suffered.

Remind athletes to:

- Warm-up
- Not practice "heading" a soccer ball
- Land on bent legs
- Play with non-stationary bases
- Eat a well-balanced meal before playing
- Wear the proper protective gear
- Heed pain signals their body sends
- Practice for a reasonable amount of time
- Take off jewelry prior to play
- See their Family Wellness Chiropractor regularly

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