

Sports Medicine Injury Prevention Tips

Each year, 3.5 million kids have sports injuries, according to the American Academy of Pediatrics (AAP). And more than 775,000 wind up in the emergency departments. Here are a few ways to keep your athlete healthy and active.

Physical



Complete a sports physical before playing any sport.

Protective Gear



Wear appropriate and properly fitted protective equipment such as pads, helmets, mouthpieces, face guards, protective cups and eyewear.

Stretch



Stretch before and after games or practice.

Rest



Take break periods during practice and games to reduce injuries and prevent heat illness.

Play by the Rules



Never slide headfirst, tackle improperly, hold or body check.

Hydration



Drink plenty of fluids before, during, and after exercise or play.

Nutrition



Stay hydrated and eat a balanced diet for peak function. Choose whole grains such as brown rice and whole wheat bread for energy. Fill up on vegetables such as peppers and carrots. Choose healthy sources of protein such as fish, meat and poultry, dairy products, beans, nuts, and soy to build and repair muscles. Fats (unsaturated and monosaturated) are a main fuel source for exercise (especially endurance activity) and should be a part of any athlete's diet, not just for refueling purposes. A good refueling or post-workout option is chocolate milk.

Rest



Good sleep can improve speed, accuracy, and reaction time. As activity ramps up during training so does the need for more sleep.

Sports Medicine **Locations**

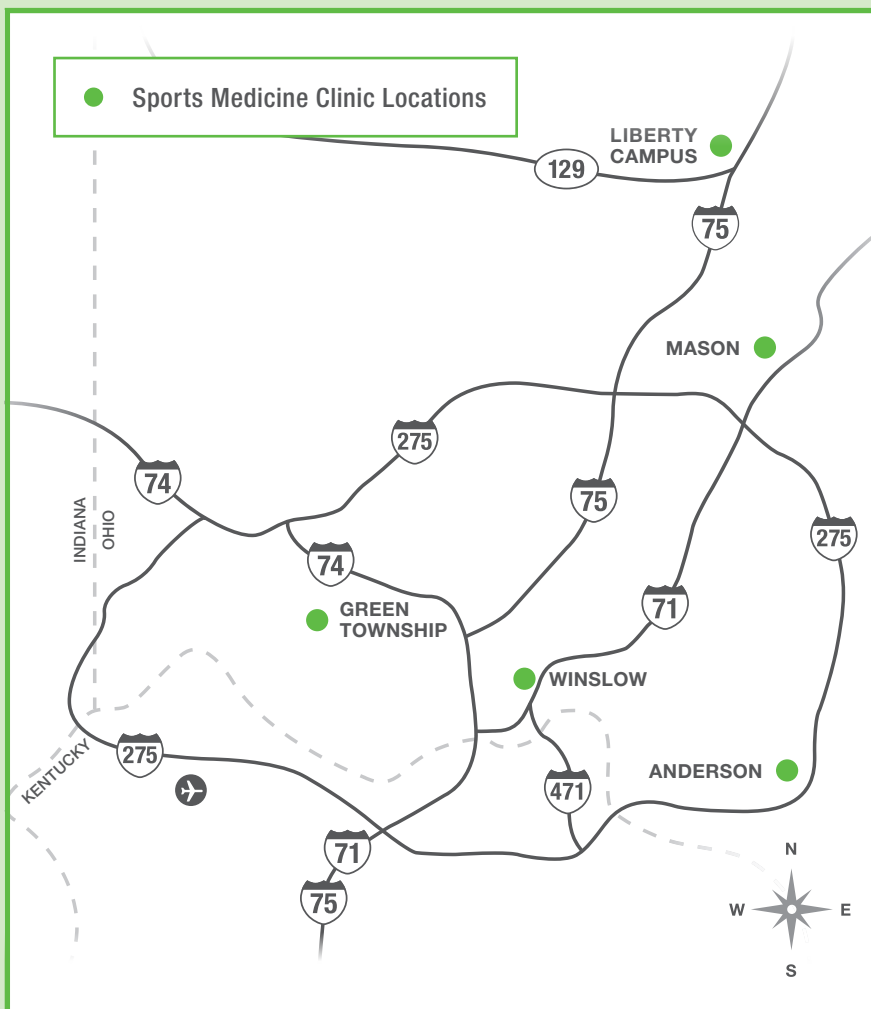
ANDERSON • 7495 State Road • Cincinnati, OH 45255

GREEN TOWNSHIP • 5899 Harrison Avenue • Cincinnati, OH 45248

LIBERTY CAMPUS • 7777 Yankee Road • Liberty Township, OH 45044

MASON • 9560 Children's Drive • Mason, OH 45040

WINSLOW • 2800 Winslow Avenue • Cincinnati, OH 45206



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We now offer online scheduling. Visit: cincinnatichildrens.org/schedule-sports

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