

- Encourage your child to complete proper rehabilitation after an injury. Children often want to “get back in the game” and may be tempted to short-cut full rehabilitation. Completing treatment reduces the chance for re-injuring the joint or muscle.

First aid for minor Sports

Injuries Most Sports Injuries are minor and involve soft tissue. Examples of soft tissue injury include pulls, sprains, strains, cuts and abrasions. First aid for minor soft tissue injuries reduces swelling and pain. When a minor soft tissue injury happens, remember

RICE:

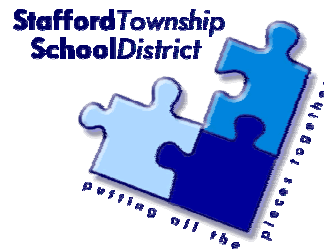
R Rest the injured area to avoid any further damage

I Ice should be applied to the injured part

C Compress the injured part by wrapping the area with elastic bandages

E Elevate the injured area

Contact your health care provider if your child has continued or severe pain, swelling or limited movement following the injury.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
 Ocean Acres x1113
 Oxycocus x1073
 McKinley Avenue x1140
 Intermediate x1074
 District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy, fit and eager to learn

Preventing Sports Injuries in Children





Preventing Sports Injuries in Children

Sports for children are generally safe, with low risks and many benefits. By knowing how a child grows, you can help prevent injuries and be alert to signs of injury. If your child is injured, early referral for medical treatment may prevent long-term effects from the injury.

Why do children have injuries during sports?

Injuries during sports activities occur for many reasons. For example:

- Children of different ages have different levels of coordination, strength, and stamina.
- Bones, tendons, muscles and ligaments may grow unevenly, leaving these areas more prone to injury.
- Children who appear to be the same size and body weight may be very different in body composition. This may cause large differences in strength

between two children of the same size who compete in a sport where classes are divided by weight.

How do Sports Injuries occur?

The two most common causes of sports injuries to children are forceful collisions or falls and overuse of a joint. Injuries from collisions or falls are more likely to be severe when there is greater speed and weight. Younger children in grade school are typically slower (speed) and smaller (weight) than a teen athlete. As a result, the younger child is less likely to suffer injury because of a collision or fall.

As for overuse of a joint, excessive and repeated stress on young muscle-bone units may cause stress fractures, muscle strains or tears, and bone deformities.

Tips for preventing Sports Injuries

- Provide supervision for sports. More injuries occur in free-play sports than in organized team sports. Supervision makes it less likely that an injury will occur.
- Encourage regular use of appropriate protective equipment. This in-

cludes helmets, facemasks, protective padding and other gear. Do not allow children to participate without protective equipment. Routinely inspect equipment for signs of wear, and replace as needed.

- Watch for early signs of injury such as swelling, pain or a limp. Recognizing an injury early means that treatment can begin early. This will make it less likely that long-term problems will develop. Children may hide pain. This may delay recognition and treatment of an injury. Let your child know that it is OK to admit that something hurts. Teach children that it is important to let parents and coaches know right away if something is painful, swollen red in color or hard to use (such as a knee pain that makes walking difficult).
 - Assure that your child is properly conditioned to participate in a sport. Avoid excess and repeated stress on joints and muscles.
-