



THE **ONESPORT™** INJURY.

**Doctors can treat them.
 Parents and coaches can
 prevent them.**

Sports are beneficial for kids. But young athletes who play just one sport year-round risk injury from overuse, caused by repeatedly performing the same motions. Adults should make sure young athletes take part in a variety of sports and have time to recover from the demands of highly repetitive activities.

For more on preventing OneSport™ Injuries, visit orthoinfo.org/onesportinjury and stopsportsinjuries.org

