What will they have longer, their trophies or their injuries?

Physical activity is a great way for kids to build strength and stay healthy. Unfortunately, it can sometimes lead to injury. Broken bones require immediate attention, but what about sore shoulders or swollen knees? If not taken seriously, many youth injuries can become chronic later in life. So before your child gets hurt, visit aaos.org or nata.org. Practice prevention and give all injuries proper attention.

AAOS

Bone and Joint DECADE 2002-USA-2011

NATA