



Sports injuries

Children ages 5 to 14 make up almost 40% of all sports injuries treated in hospital emergency rooms. Injuries in children are best handled by pediatric specialists trained in treating skeletally immature patients. Here are some tips to keeping your kids safe!

- Warming up
- Start by running and riding at a slower, more relaxed pace and gradually work up to full speed. When perspiration begins, the muscles are warmed up and ready for a workout.

See reverse side for more tips.

First aid

The **PRICE** formula is recommended for most orthopedic injuries:

- P**rotect the area with a sling or crutches, if necessary.
- R**est the injured area.
- I**ce the injury for 20 minutes at a time. Do not apply the ice directly to the skin.
- C**ompress the injured area with a wrap. Do not pull tightly, as this can cut off circulation.
- E**levate the injured area above the heart, if possible.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call us at **314-577-5640** or visit us at **cardinalglennon.com/SportsCare**

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

