



THE **ONE**SPORT™ 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



The American Orthopaedic
Society for Sports Medicine

AAOS
AMERICAN ACADEMY OF
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