

# Sports injury prevention tips that work



## Playing it safe

Sitting on the sidelines at your child's sports event can be fun—and scary. Sports help children and adolescents keep their bodies fit and feel good about themselves. However, the more contact in a sport, the greater the risk of injury.

Most injuries occur to ligaments, tendons and muscles. Only about five percent of sports injuries involve broken bones. To keep your kids injury-free, have them follow these preventive tips:

- Wear the correct protective gear, such as knee pads, shin guards and helmets
- Increase flexibility by stretching before the activity starts
- Strengthen muscles with conditioning exercises
- Take breaks during practice and games
- Drink plenty of fluids



Need a game plan to keep your sports pro healthy and strong? Log on to Blue Access<sup>®</sup> for Members and check out the Personal Health Manager's Ask A Trainer feature.



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