Sports Injuries

Whether they’re playing sports or just a simple game of tag, kids can sometimes overdo it. Help them feel better and stay safe.

Play smart
• Keep sports fun and age-appropriate
• Help skills and muscles develop through different kinds of activities
• Limit sports to 5 days a week and 1 sport per season
• Schedule a physical exam for your child 4-6 weeks before the season starts

Know the signs
“Overuse injuries” happen when bones, muscles, and other body parts are used too much without time to heal. Talk to a healthcare professional right away if your child:
• Can’t put weight on a body part
• Favors one side of the body
• Says it hurts to use a body part
• Can’t sit and/or climb stairs
• Has stiff joints or muscles
• Is unusually weak
• Has trouble breathing
• Has dizziness, lightheadedness, or headache
• Loses feeling in fingers or toes

Remember R.I.C.E.
For strains and sprains, follow these steps:
• Rest your child from their regular activities and have them keep weight off the injury
• Ice the injured area for ONLY 20 minutes, 4-8 times daily
• Compress the injured area with an elastic wrap, boot, or splint to reduce swelling
• Elevate the injured area above the heart to further reduce swelling

Tackle pain and fever

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<th>TYLENOL®</th>
<th>MOTRIN®</th>
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<tr>
<td>Active ingredient</td>
<td>acetaminophen</td>
<td>ibuprofen</td>
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<td></td>
<td>• Starts to reduce fever quickly</td>
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<td>• Reduces pain and fever while being gentle on tummies</td>
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<td>• Treats pain + fever</td>
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<td>• Works fast and lasts up to 8 hours</td>
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Health tips from the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC)

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