

# Pediatric Sports Injuries Are on the Rise:

Year-round sports and increased exposure lead to increase in sport-related injuries

**Main Stat:** More than 2.6 million children 0-19 years old are treated in the emergency department each year for sports and recreation-related injuries..

## TOP 5 SPORTS THAT LEAD TO KIDS' INJURIES

among ages 5-17 seen by sports medicine doctors at Boston Children's Hospital from 2000-2009



**Soccer**



**Basketball**



**Football**



**Dance**



**Gymnastics**



### SOCCER

- Ankle, knee, and calf sprains
- Clavicle, foot, and wrist fracture
- Kneecap bursitis
- Meniscus tear
- Concussion



### BASKETBALL

- Ankle and muscle sprain
- Achilles tendonitis
- Knee tendonitis
- Finger injuries
- Sever's disease (common in youth basketball)



### FOOTBALL

- ACL tears and MCL sprains
- Meniscus tears
- Concussion
- Finger, ankle and wrist fractures
- Muscle strains
- Shoulder acromioclavicular (AC) joint sprains



### DANCE AND GYMNASTICS

- Ankle sprains
- Achilles tendonitis
- Trigger toe
- Ankle impingement
- Snapping hip and hip impingement

## CHILDREN HAVE DISTINCT NEEDS

- Medical devices should support the growing needs of children
- Devices designed specifically for children help foster compliance for better patient outcomes

Sources:  
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