



SOMETIMES, THE GAME THEY LOVE DOESN'T LOVE THEM BACK.

More and more, young athletes are focusing on a single sport and training for that sport year-round — a practice that's led to an increase in Overuse Injuries. Left untreated, overuse trauma to young shoulders, elbows, knees and wrists may require surgery and have lifelong consequences. For information on preventing and treating Overuse Injuries, visit these sites: orthoinfo.org stopsportsinjuries.org



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