



## Need more information?

Each QR code links to a detailed e-book covering common sports injuries in children. Scan to learn about prevention, treatment, and recovery strategies to keep young athletes safe and active.



**Osgood  
Schlatter's**



**Relative Energy  
Deficiency in Sports**



**Sever's**



**Discover why  
kids get injured**



**Youth Athlete  
Low Back Pain**



**Learn about a  
safe return to sport**



**Are You Ready  
4 Cricket?**



**Juvenile  
Osteochondral  
Dissecans**



**Skeletal  
Ossification**



**Growth and  
Maturation**



**Learn about safely  
returning to school  
and sport**



**Sinding Larsen  
Johansson or  
Patella Apophysitis**



**Patellofemoral Pain**



**Pelvic Avulsion  
Injuries**