



## 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**



**Little Leaguer's Shoulder**