



ReVive Orthopedics Spine & Sports Medicine

770-769-1724

Lithia Springs • Dunwoody • Loganville • Stockbridge • Peachtree City

Beyond The Spine

“Keep Your Young Athletes in the Game — Safely!”

Recommendations From Our Company President, A Fellowship Trained, Board Certified, Sport Medicine Physician: **Dr. Shevin Pollydore, MD FAAPM&R**



At ReVive Orthopedics, we’re passionate about helping kids play hard and stay healthy. Sports are a great way for children to stay active and learn teamwork—but they also come with injury risks. Here is what every parent should know:



Common Injuries:

- Little League elbow (overuse)
- Rotator cuff strains
- Wrist fractures

PREVENTION TIPS:

- ✓ MONITOR PITCH COUNTS AND REST ARMS
- ✓ EMPHASIZE STRETCHING SHOULDER/WRIST MUSCLES
- ✓ ROTATE POSITIONS TO AVOID OVERUSE

Common Injuries:

- Ankle sprains
- Knee ligament injuries (ACL/MCL)
- Groin pulls

PREVENTION TIPS:

- ✓ ENSURE PROPER WARM-UP AND COOL-DOWN
- ✓ USE SUPPORTIVE CLEATS AND SHIN GUARDS
- ✓ ENCOURAGE HYDRATION AND REST BETWEEN GAMES



Common Injuries:

- Jumper’s knee (patellar tendonitis)
- Ankle sprains
- Finger jams

PREVENTION TIPS:

- ✓ STRENGTHEN LEGS AND ANKLES WITH BALANCE EXERCISES
- ✓ USE ANKLE BRACES IF NEEDED
- ✓ TRAIN ON PROPER LANDING TECHNIQUES

Common Injuries:

- Concussions
- Shoulder dislocations
- Knee and ankle ligament tears

PREVENTION TIPS:

- ✓ ENSURE PROPER TACKLING FORM
- ✓ USE FITTED PROTECTIVE GEAR
- ✓ FOLLOW CONCUSSION PROTOCOLS STRICTLY



Common Injuries:

- Wrist sprains
- Lower back pain
- ACL injuries

PREVENTION TIPS:

- ✓ SUPERVISED TRAINING AND SPOTTERS DURING ROUTINES
- ✓ CORE AND FLEXIBILITY CONDITIONING
- ✓ ENCOURAGE REST AND RECOVERY DAYS