

## Mayo Clinic Minute: How young athletes can reduce their risk of injury

Video	Audio
	<p>From strikes and <a href="#">strains</a> to footwork and <a href="#">fractures</a>, injuries can happen to any young athlete.</p> <p>Reducing the risk of injury starts with an annual physical to make sure children can participate.</p> <p>When it's time to play, warm up muscles by <a href="#">stretching</a>, and use protective equipment, when appropriate.</p>
WES TROYER, M.D. PHYSICAL MEDICINE & REHABILITATION Mayo Clinic	"It's important to try out your equipment before you get into game time situations to make sure it works properly, so that it's actually protecting you when you're going out there to perform the sport."
	<p>Try to avoid <a href="#">overusing</a> certain muscles over others.</p> <p>Repeated motions can happen around <a href="#">growth plates</a> and may require young athletes to pause certain activities.</p>
	"They need time to rest because they've put too much stress on the area. And without that, they just don't heal."
	If children are injured playing a sport, keep them out of competition until they can be evaluated.
	"The worst thing that you can do is get up and try to play through these things and make the injuries worse."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.