

inspired

[to make healthy choices]

including physical fitness, social connection and structured afterschool time.

Student Athletes & Injuries

Playing sports and being on a team

can be great for students in various ways, including physical fitness, social connection and structured afterschool time.

Sports also increases the possibility of injury, as evidenced by the 2 million high school athletic injuries each year. (JOURNAL OF ADOLESCENT HEALTH)



Use of prescription opioids among adolescent competitive athletes is up to 50% higher in teens who participate in high-injury sports than those who don't.



Easy access to opioids allows teens to share their medications with teammates who have been injured and don't want their parents or coaches to know so they can continue playing.



(US NEWS)

In Case of an Injury:

- Treat the injury with Rest, Ice, Compression and Elevation (RICE). *Seek medical care, if necessary.*
- Fractures, sprains and broken bones need plenty of rest to heal properly. This healing process should be evaluated & managed by an orthopedic specialist.

Medications

- Check with a health care provider to see if over-the-counter non-steroidal anti-inflammatory medications are needed.
- Use prescribed pain medications in low doses and in limited quantities.
- *Always follow the directions provided for all medications.*

Don't share medications and properly dispose of any that are unused.

(DEA, MIAA)

Parents, coaches, medical professionals and athletic trainers of the injured should have a **communication** and **return-to-play plan** in place. Care must be taken to avoid the common cycle of injury, pain, re-injury and a dependence on opioid painkillers.

An injured athlete needs time to heal. Missing a game or two is better than missing an entire season - or more.

(MIAA)

