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## BACK TO SCHOOL MEANS BACK TO SPORTS INJURIES

Protect your kids from sprains, strains, scrapes, and breaks

### For immediate release:

Your children start practice for fall sports this month: kids hit the sports field running, and often hobble back off. Children and teens are not little adults; injuries can cause permanent damage that can affect their future growth. Physical Therapists with It's Your Move can offer prevention tips to keep your kids injury free.

Many kids get out of shape during the summer, and then jump back into practice with weakened muscles. That's a recipe for muscle strains, sprained joints and bone fractures. It can sideline an athlete for weeks, more if they don't receive the proper care.

### DID YOU KNOW?

- In the U.S., more than 3.5 million children under 14 receive medical treatment for sports-related injuries each year
- Each year high school athletes account for about 2 million injuries, 500,000 doctor visits, and 30,000 hospitalizations
- 90% of high school sports injuries are NEW injuries, rather than re-injuries

You may not be able to protect your child from all sports injuries, but Physical Therapists with It's Your Move can certainly help. The PT's can show you strengthening and flexibility exercises and tailor the treatment to your child's specific sport. It's Your Move PT's say, "*athletes may train year round, specializing in just one sport. That leads to overuse injuries.*" They go on to say, "*when school starts, our clinics fill up with kids and sports related injuries.*"

Remember, it's your legal right to choose your own physical therapist. Choose physical therapy for health and fitness. Choose the therapist that's best for your family. Visit [www.itsyourmove.com](http://www.itsyourmove.com).

For interviews with conversational physical therapists and great demonstrations, call Lucinda Kay: Office/509-325-3623 or Cell/509-280-6237.

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