

GROWING KIDS = GROWING BODIES + MORE INJURIES!

As kids grow, their bodies face new challenges, leading to potential injuries. Whether from sports or daily activities, it's important for parents to watch for signs that their child needs extra support. Here are some tips to keep them safe and injury-free!

⚠️ When to Pay Attention

Ouch!

Expresses they are in pain after playing.

Too Much Too Soon

Plays multiple sports with no rest days.

Funny Movements

Runs or jumps in a way that looks "off"...

Limping or Slowing Down

Struggles after a long practice.



What Parents Can Do ✓

Give Them Rest

Too much activity = more injuries

Check Their Shoes

Supportive shoes help prevent pain.

Watch Them Move

If they run or jump weird, they might need help.

See Your Chiropractor

Get an assessment to prevent injuries.

Pain isn't just "growing pains"—it could mean a bigger issue!
See a chiropractor to ensure your child is moving safely and to prevent future injuries.