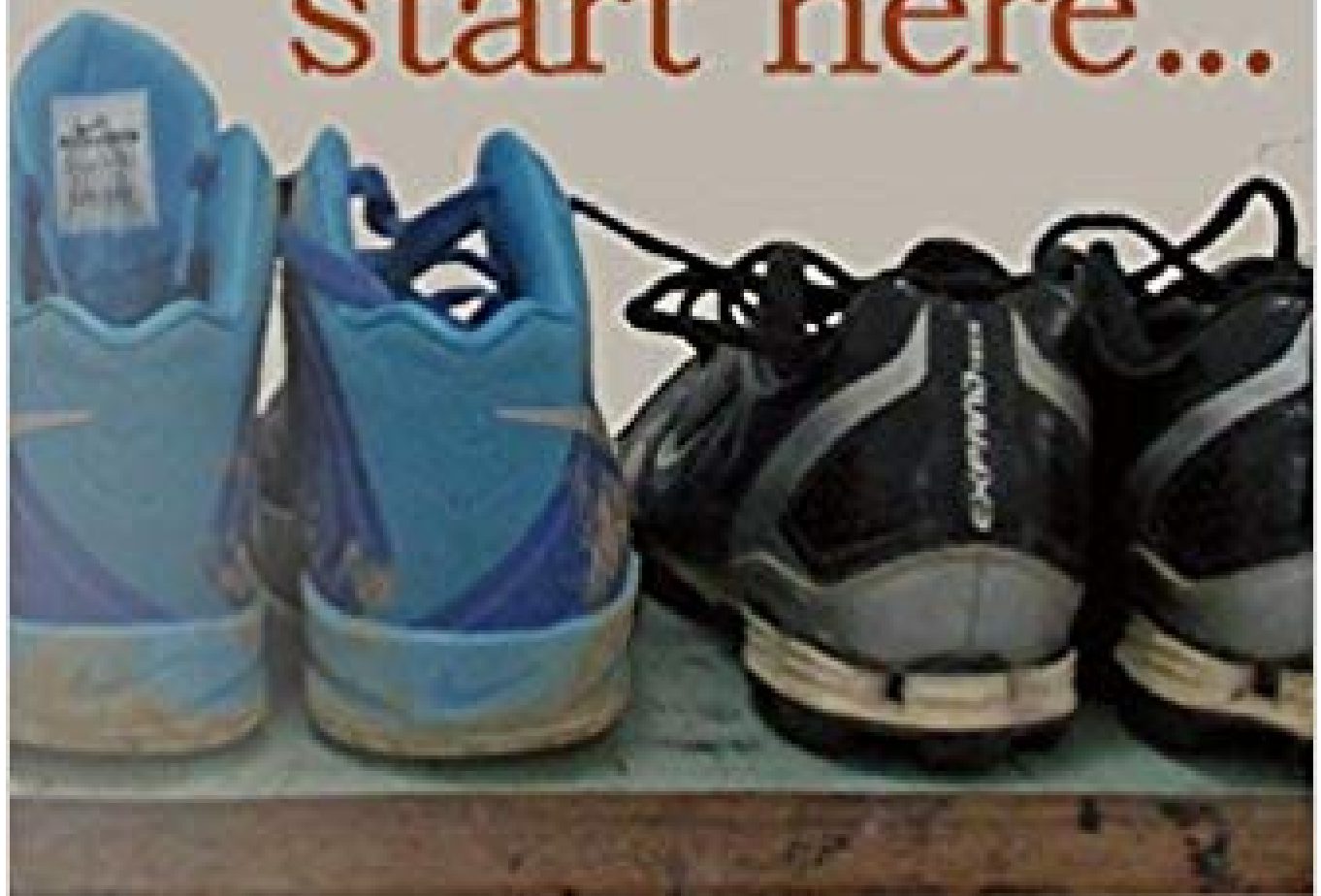


# Youth Sports: start here...



**Everything You Need to Know About  
Promoting Health and Preventing Injury  
for Your Young Athlete**

by Julie A. Buckley, MD, and  
Eugene Monroe, Baltimore Raven  
*Foreword by Maurice Jones -Drew*

Julie A. Buckley and  
Youth Sports: Start Here



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Among the approximated thirty-five million young athletes in the U.S., high school athletes take into account approximately two million accidental injuries, half of a million doctor visits, and thirty thousand hospitalizations each year. Or that nearly 25 % of most traumatic brain accidental injuries among U. Three-and-a-half million youth sportsmen receive treatment for sports injuries and 12,500 university athletes are reported wounded every year. Did you know that overuse is the reason behind nearly half of these injuries? And that is just high school!S.S. And yet, according to the U. children happen during participation in sports activities? Centers for Disease Control, half of our children's sports injuries are preventable! Buckley, MD, and Baltimore Raven Eugene Monroe are both parents of energetic, sports-oriented youngsters themselves. Julie A. Accessible science, practical advice, and fun ways to get your kids committed to their own health Youth Sports activities: Start Here is a valuable information for every parent raising their very own, home-grown champion. Buckley's twenty years as a pediatrician and functional medicine specialist and Eugene's hands-on professional sports activities experience to create a comprehensive guidebook that empowers parents to help their children prevent damage, to identify the sometimes-subtle signs an injury has occurred or may occur, and to heal the accidental injuries that virtually all energetic kids will, at one stage or another, inevitably maintain. In Youth Sports: Start Here, they combine the general concern they tell all parents to safeguard their children s wellness with Dr.



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