

**Mayo Clinic Medical Edge**

***Kids & Sports Injuries***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE LIVE IN A SPORTS CRAZED SOCIETY. AND WHAT PARENT HASN'T DREAMED OF THEIR KID BECOMING THE NEXT BIG STAR. BUT THAT EMPHASIS ON EXCELLING IS TAKING ITS TOLL, WITH AN INCREASE IN INJURIES.
<b>Amy McIntosh, M.D.</b> <b>Track 1 (1:01)</b>	"I THINK IT'S PROBABLY BECAUSE KIDS NOW BECOME ACTIVE IN SPORTS MUCH YOUNGER. THEY ALSO START SELECTING SPECIFIC SPORTS EARLIER. I THINK WHAT THAT THEN LEADS TO ARE OVER- USE INJURIES BECAUSE THEY'RE NEVER GETTING A BREAK."

	<p>DR. AMY MCINTOSH IS A PEDIATRIC ORTHOPEDIC SURGEON AT MAYO CLINIC.</p>
<p><b>Dr. McIntosh</b> <b>Track 1 (2:15)</b></p>	<p>“WE’RE SEEING LIGAMENTOUS INJURIES, LIKE ACL INJURIES, IN YOUNGER AND YOUNGER PATIENTS, WHERE BEFORE, THEY SAID, ‘OH, THOSE DON’T HAPPEN IN PATIENTS THAT AGE. YOU DON’T SEE AN A-C-L TEAR IN AN 8-YEAR-OLD’. WELL, WE ARE.”</p>
	<p>SOMETIMES THERE’S NOTHING YOU CAN DO TO PREVENT AN INJURY. BUT ALLOWING TIME AWAY FROM A SPORT, FOR KIDS JUST TO BE KIDS CAN BE VERY IMPORTANT, PHYSICALLY AND MENTALLY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>
