

**LET'S DISCUSS** *Series*

# Adolescent Sports Injuries

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## Preface

Adolescent sports injuries are being seen with increased frequency as a result of greater participation in youth sports at higher competitive levels, early sports specialization, and increased recognition of injury. These injuries have the potential to negatively affect the adolescent's physical health and psychosocial well-being. In addition, these injuries may have longer term implications for arthritis, mobility, and productivity.

*Adolescent Sports Injuries* is an ebook in the *Let's Discuss* series by the American Academy of Orthopaedic Surgeons that allows the integration of text, video, and test questions. An expert group of authors has shared their insights and expertise in adolescent sports injuries. This text covers the epidemiology of injury, upper extremity injuries, lower extremity injuries, and sport-specific injuries, and also provides an international perspective. It is our hope that this comprehensive overview allows for better understanding and treatment of injuries in this unique age group.

We would like to thank the authors for their hard work in crafting chapters that are informative, interesting, and practical. We would also like to thank the AAOS

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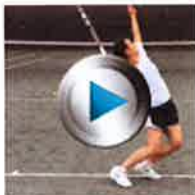
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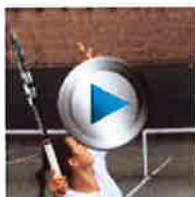


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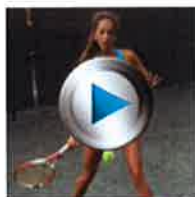
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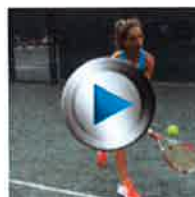
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### Education Objectives

As a result of participation in this activity, participants will be able to:

- Quickly address the economics, biology, diagnosis, and treatment of various conditions in adolescent athletes.
- Avoid the pitfalls of increased complications, increased length of hospital stay, poorer outcomes, and increased mortality associated with injuries in adolescents.
- Reduce the substantial resource utilization and the economic burden of treating adolescent patients with sports injuries.

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