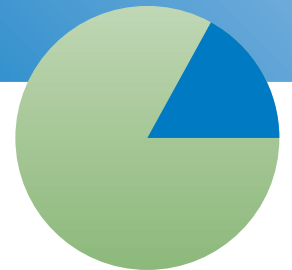


Five Things to Know About **ELBOW OR WRIST INJURIES**

Football has the highest risk of elbow and wrist injuries followed by wrestling, softball, and basketball.



Hand and wrist injuries represent **17%** of pediatric and adolescent sports injuries.



8% of elbow/wrist injuries require surgery.



Girls are more susceptible to elbow and wrist injuries.

Elbow and wrist injuries are **3x more likely** to occur during competition.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.