

Five Things to Know About **SHOULDER INJURY**

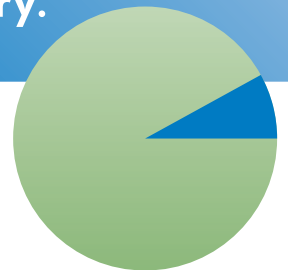
There are about **250,000** shoulder injuries annually.

Shoulder injuries are **3x more likely** to occur during competition rather than practice.

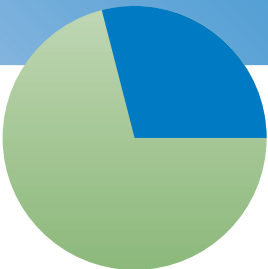
Football, baseball, and wrestling account for the **highest** rate of shoulder injuries in high school sports.



8% of shoulder injuries require surgery.



29% of high school shoulder injuries suffered were a **dislocation or subluxation**.



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.