



Sports Physicals



\$30.00

Mondays & Wednesdays at I-25 & Speer (Denver)
Tuesdays & Thursdays at Abilene & Florida (Aurora)

9:00 am – 8:00pm

Call for appointments

(303) 338-1500

Injured, Hurt, in Pain?

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Sports injuries in teens differ from adults

Every year, millions of teenagers participate in high school sports. Teenage athletes get injured at about the same rate as pro athletes. But injuries that affect high school athletes are often different than those that affect adults, for example, growth plate injuries and spondylolisthesis.

Growth plate injuries: The bone structure of most adolescents is not mature, meaning there are areas of growing tissue (growth plates) near the end of long bones. These areas injure more easily than tendons and ligaments. Thus, sports activities that could cause a sprain in an adult could cause a more serious injury in a high school athlete. Growth plate injuries happen most often in contact sports like football or basketball and overuse sports like gymnastics or baseball.

Spondylolisthesis: Young athletes who over-stretch the spine in sports like gymnastics; weight lifting or football can develop a stress fracture on one or both sides of the bones that make up the spine (vertebra). A stress fracture that causes the vertebra to slip out of place is called spondylolisthesis.

Inflammation of cartilage and underlying bone (osteochondritis) also affects young athletes.

No insurance

No problem

\$20.00 per month

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