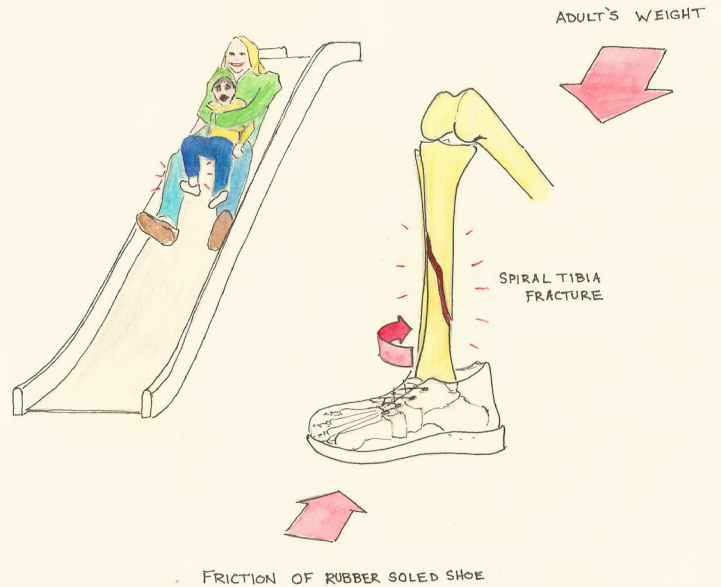
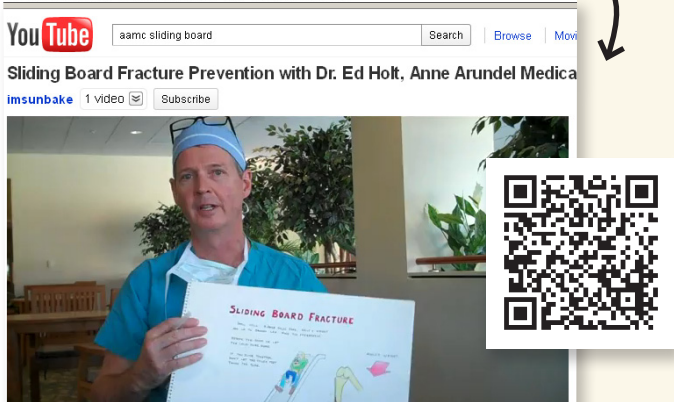


Watch Dr. Holt talk about Sliding Board Injuries on YouTube: tiny.cc/slidesafely

Scan this QR Code to watch the video!



Attention Parents:

Avoid Sliding Board Injuries!

Problem:

Adults seeking to prevent a child from incurring injury on a sliding board often slide down the board with the child between their legs. Unfortunately, if a child is wearing a rubber-soled shoe, that, along with an adult's weight, can result in a broken leg for the child (see illustrations). It also means immense distress for the adult, who simply was trying to protect the child.

Solutions:

- 1** Remove the child's rubber-soled shoes
- 2** Let the child slide **alone**
- 3** If you slide together, **don't let the child's feet touch** the slide

Information & Illustrations by:

Dr. Ed Holt, Orthopaedic and Sports Medicine Center
Health Sciences Pavilion
2000 Medical Parkway
Suite 100, Annapolis, MD 21401
410-268-8862



The
Orthopaedic
and Sports
Medicine Center L.L.C.

Anne Arundel
Medical Center