

# Trampolines

Trampolines often are described as fun for kids and a way to get exercise. However, an estimated 100,000 people were injured on trampolines in 1999. That is almost triple the number of people injured in 1991. Most of these injuries happened on home trampolines.

The American Academy of Pediatrics recommends that trampolines *never* be used at home, in routine gym classes, or on playgrounds.

## Trampolines can be very dangerous

Almost two thirds of the people injured from trampolines are children ages 6 through 14 years. Common injuries include the following:

- Broken bones (sometimes needing surgery)
- Concussions and other head injuries
- Sprains/strains
- Bruises, scrapes, and cuts

Neck and spinal cord injuries that can result in permanent paralysis or death also occur.

## How children are hurt

Children can be hurt on trampolines in many ways. Most injuries result from the following:

- Landing wrong while jumping
- Attempting stunts
- Colliding with another person on the trampoline
- Falling or jumping off the trampoline
- Landing on the springs or frame of the trampoline

Adult supervision will not adequately prevent injuries on home trampolines. Trampolines should be used only in supervised training programs for gymnastics, diving, or other competitive sports. A professional trained in trampoline safety should always supervise the use of trampolines.

Don't risk it! Parents should find out if their children's friends have trampolines before sending their children over to play. Children and teenagers should never use trampolines at their home or another person's home, in routine gym classes, or on the playground!

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

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of Pediatrics



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