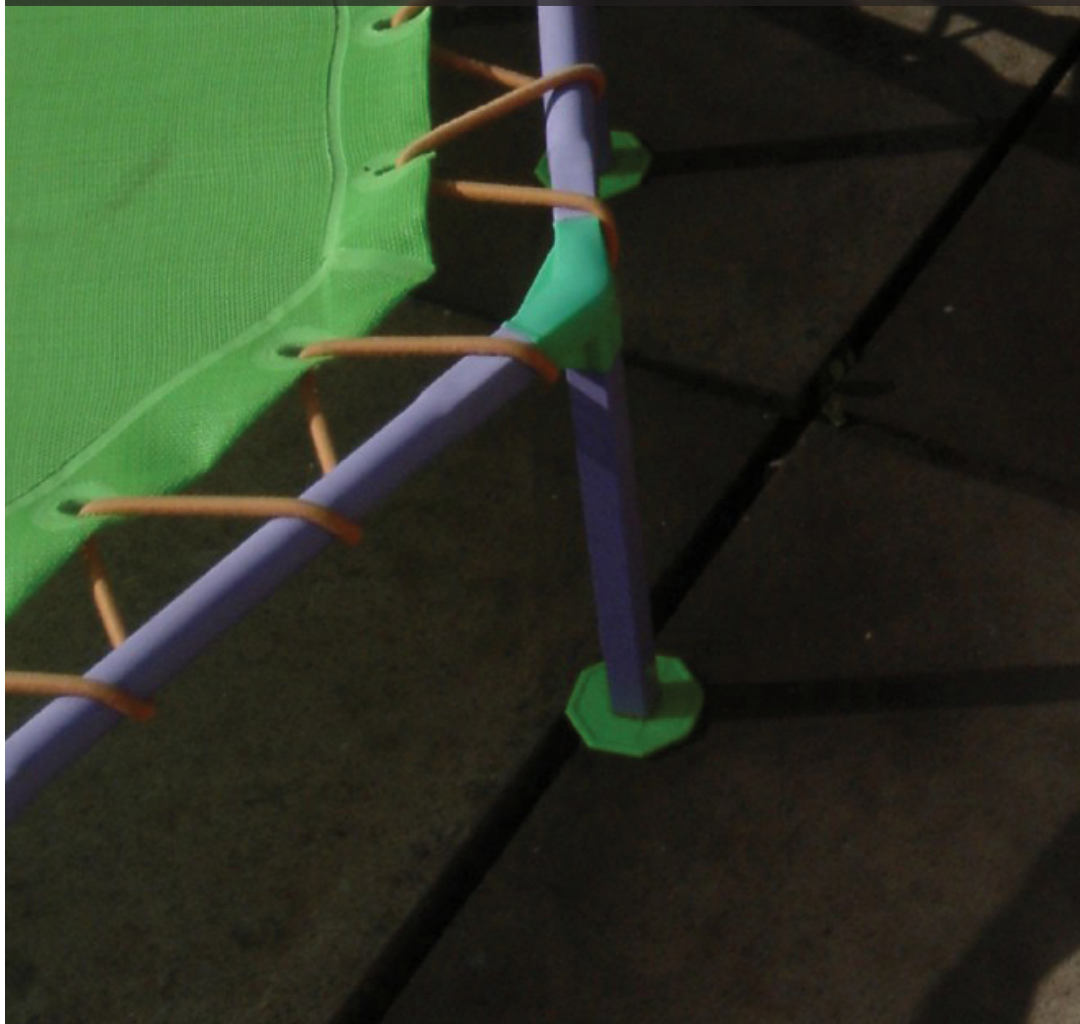


DID YOU KNOW...

that trampoline-related trauma ranges from cuts and bruises to broken limbs, spinal cord injuries and even death?



In 2004, the Consumer Product Safety Commission found that more than 89,000 people were sent to emergency rooms with trampoline-related injuries. And another study, this one by the Hasbro Children's Hospital in Rhode Island, found that spring and summer are the time when trampoline injuries hit their peak, and 91% of them happen at home.

A 2000 report by the safety commission found that most injuries associated with the 2 million recreational trampolines in use in American homes were the result of jumpers:

- Colliding with one another.
- Attempting stunts and flips.
- Falling or jumping off the trampoline.
- Falling onto the trampoline frame or springs.

Gary Smith of the American Academy of Pediatrics warns parents to think twice about using backyard trampolines. "Where we have gone wrong is that (trampolines) have popped up in many backyards, and parents don't realize the danger involved, and they're using them as toys without recognizing the hazards," says Smith, chairman of the academy's Committee on Injury, Violence and Poison Prevention.

Speak to your Family Wellness Chiropractor about having your children evaluated after any incidents or falls on a trampoline.

For more information visit www.usatoday.com/news/health/2005-06-15-trampoline-injuries_x.htm