

Sports Injuries

Whether they're playing sports or just a simple game of tag, kids can sometimes overdo it. Help them feel better and stay safe.



Play smart

- Keep sports fun and age-appropriate
- Help skills and muscles develop through different kinds of activities
- Limit sports to 5 days a week and 1 sport per season
- Schedule a physical exam for your child 4 to 6 weeks before the season starts



Know the signs

“Overuse injuries” happen when bones, muscles, and other body parts are used too much without time to heal. Talk to a healthcare professional right away if your child:



- Can't put weight on a body part
- Favors one side of the body
- Says it hurts to use a body part
- Can't sit and/or climb stairs
- Has stiff joints or muscles
- Is unusually weak
- Has trouble breathing
- Has dizziness, lightheadedness, or headache
- Loses feeling in fingers or toes

Remember R.I.C.E.

For strains and sprains, follow these steps:



- **Rest** your child from their regular activities and have them keep weight off the injury
- **Ice** the injured area for ONLY 20 minutes, 4 to 8 times daily
- **Compress** the injured area with an elastic wrap, a boot, or a splint to reduce swelling
- **Elevate** the injured area above the heart to further reduce swelling

Tackle pain and fever



Use products only as directed.

TYLENOL®

Active ingredient: acetaminophen

- Starts to reduce fever quickly
- Reduces pain and fever while being gentle on tummies

MOTRIN®

Active ingredient: ibuprofen

- Treats pain and fever
- Works fast and lasts up to 8 hours

Rely on **TYLENOL®** and **MOTRIN®**, the two brands of pain and fever relievers that pediatricians recommend most.*

Health tips from the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC)

*Among over-the-counter pain relievers/fever reducers in the US.

Dosage On Call

Dosage for infants and children from your healthcare professional

DOSE: Every 4 hours as needed.

Do not give more than 5 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.
Do **NOT** use with any other product containing acetaminophen.

DOSE: Every 6-8 hours as needed.

Do not give more than 4 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.

mL = milliliter



Infants' TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in: Grape Cherry Dye-Free Cherry

WEIGHT	6-11 lbs	12-17 lbs	18-23 lbs	24-35 lbs
AGE	0-3 months	4-11 months	12-23 months	2-3 years
DOSE	1.25 mL 	2.5 mL 	3.75 mL 	5 mL

Use product only as directed.



Infants' MOTRIN® Concentrated Drops

Active ingredient: ibuprofen (NSAID)* 50 mg (in each 1.25 mL)

Available in: Berry Dye-Free Berry

WEIGHT	12-17 lbs	18-23 lbs
AGE	6-11 months	12-23 months
DOSE	1.25 mL 	1.875 mL

Use product only as directed.



Children's TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in: Grape Cherry Dye-Free Cherry Bubblegum Strawberry

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL

Use product only as directed.



Children's MOTRIN® Oral Suspension

Active ingredient: ibuprofen (NSAID)* 100 mg (in each 5 mL)

Available in: Grape Berry Dye-Free Berry Bubble Gum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL

Use product only as directed.



Children's TYLENOL® Chewables

Active ingredient: acetaminophen 160 mg (in each chewable tablet)

Available in: Grape Bubblegum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets

Use product only as directed.



Children's MOTRIN® Chewables

Active ingredient: ibuprofen (NSAID)* 100 mg (in each chewable tablet)

Available in: Grape Dye-Free Grape

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets

Use product only as directed.



Children's TYLENOL® Dissolve Packs

Active ingredient: acetaminophen 160 mg (in each pack)

Available in: Wild Berry

WEIGHT	under 48 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	under 6 years	6-8 years	9-10 years	11 years
DOSE	do not use	2 powders 	2 powders 	3 powders

Use product only as directed.

*Nonsteroidal anti-inflammatory drug.

IMPORTANT INSTRUCTIONS FOR PROPER USE

Today's date: _____

This dosing recommendation from your healthcare professional will expire in **14 DAYS**.

- Always read and follow the label on all TYLENOL® and MOTRIN® products.
- Use only the dosing device (dosing syringe or dosing cup) that came with the product. Do not use any other dosing device.

All Infants' TYLENOL® and Children's TYLENOL® products have the same strength of acetaminophen: 160 mg (in each 5 mL, tablet, or pack).