



# News Release

[www.STOPSportsInjuries.org](http://www.STOPSportsInjuries.org)

## FOR IMMEDIATE RELEASE

### **Keep Kids in the Game for Life Through the STOP Sports Injuries Campaign**

#### ***Healthcare and, Business Leaders, and Professional Athletes Join Forces to Help Young Athletes Play Safe and Stay Healthy***

**Dallas, Texas** — Today, leaders at UT Southwestern Sports medicine are coming together with the American Orthopaedic Society for Sports Medicine, American Academy of Orthopaedic Surgeons, American Academy of Pediatrics, American Medical Society for Sports Medicine, National Athletic Trainers' Association, National Strength and Conditioning Association and Safe Kids USA to promote the STOP Sports Injuries campaign.

The campaign educates athletes, parents, athletic trainers, coaches and healthcare providers about the rapid increase in youth sports injuries, the necessary steps to help reverse the trend and the need to keep young athletes healthy. The STOP Sports Injuries campaign highlights include teaching proper prevention techniques, discussing the need for open communication between everyone involved in young athletes' lives, and encouraging those affected to sign *The Pledge* to be an advocate for sports safety. The campaign website and pledge are available at [www.STOPSportsInjuries.org](http://www.STOPSportsInjuries.org).

Sports injuries among young athletes are on the rise. According to the national Centers for Disease Control and Prevention (CDC), high school athletes, alone, account for an estimated two million injuries, 500,000 doctor visits and 30,000 hospitalizations every year.

The high rate of youth sports injuries is fueled by an increase in overuse and trauma injuries and a lack of attention paid to proper injury prevention. According to the CDC, more than half of all sports injuries in children are preventable.

“Regardless of whether the athlete is a professional, an amateur, an Olympian or a young recreational athlete, the number of sports injuries is increasing – but the escalation of injuries in kids is the most alarming,” said Dr. James Andrews, former president of the American Orthopaedic Society for Sports Medicine (AOSSM) and STOP Sports Injuries Co-Campaign Chair. “Armed with the correct information and tools, today’s young athletes can remain healthy, play safe, and stay in the game for life.”

Supporting the STOP Sports Injuries campaign are the country’s leading sports medicine organizations along with professional athletes and business leaders who have signed on as members of the campaign’s Council of Champions. This Council will help raise additional awareness about this growing epidemic of youth sports injuries. Some of the founding members of the Council include former Olympic champions Christie Rampone, Eric Heiden and Bonnie Blair, professional golfer Jack Nicklaus, NFL Hall of Fame quarterback Bart Starr, MLB baseball player John Smoltz, NFL Hall of Fame defensive end, Howie Long, and Heisman Trophy winner and St. Louis Rams quarterback Sam Bradford.

Dr. Katherine Coyner, is an assistant professor at UT Southwestern Medical Center. Dr. Coyner joins the medical staff of Texas Health Arlington Memorial Hospital and specializes in Orthopaedic Surgery and Sports Medicine.

Dr. Coyner completed a fellowship in sports medicine at Duke University Medical Center in Durham, North Carolina. While at Duke she was a team physician for the Duke University Men's & Women's basketball teams, Football team, women's soccer, and the North Carolina Central University football team. She graduated from Northeastern Ohio University College of Medicine in Rootstown, Ohio and completed a residency in orthopaedic surgery at William Beaumont Hospital in Royal Oak, Michigan.

In her own athletic career, Dr. Coyner was the first female basketball player at the University of Massachusetts to score 1,000 points and 500 assists, where she was nominated for the National Collegiate Athletic Association's Female Athlete of the Year. She was also a Mid-Ohio Valley Sports Hall of Fame inductee in 2004.

Dr. Coyner is a board eligible Orthopaedic Surgeon and a candidate member for the American Orthopedic Society for Sports Medicine and is here to care for your orthopaedic and sports medicine needs.



**Katherine J. Coyner, M.D.**

#### **Dr. Coyner specializes in**

- Minimally invasive shoulder, elbow, and knee surgery
- Prompt care of athletic injuries
- Advanced cartilage restoration
- Multi-ligamentous knee reconstruction
- Adolescent and pediatric sports medicine
- Women's orthopaedic health and wellness focus

Dr. Coyner is an orthopaedic surgeon specialized in sports medicine. She is an active member of many professional societies and associated with various sports teams as team physician.