

# Trampolines: What You Need to Know

Trampolines often are described as fun for kids and a great way to get exercise. However, thousands of people are injured on trampolines every year. Most of these injuries happen on home trampolines.

## Trampolines are dangerous

Most trampoline injuries are to children aged 6 through 14 years. Common injuries include

- Broken bones (sometimes needing surgery)
- Concussions and other head injuries
- Sprains/strains
- Bruises, scrapes, and cuts
- Neck and spinal cord injuries (which can lead to permanent paralysis or death)

## How children are hurt

Most injuries from trampolines (both mini and full-sized trampolines) happen from

- Landing wrong while jumping
- Trying stunts
- Striking or being struck by another person
- Falling or jumping off the trampoline
- Landing on the springs or frame

Netting around the trampoline, padding, and even adult supervision are not enough to keep kids safe on home trampolines. This is why the American Academy of Pediatrics recommends that trampolines never be used at home, in routine gym classes, or on playgrounds. They should only be used in supervised training programs for gymnastics, diving, or other competitive sports.

## What you can do to keep your children safe

Don't buy a trampoline for your home! Instead, encourage your child to get exercise in safer ways such as playing catch, riding a bike (wearing a helmet, of course), or playing a team sport.

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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