

SPORTS

Safety Tips

- Have a thorough physical exam from your doctor to determine individual risk factors and your body's readiness

- Always wear proper sporting equipment that fits you and meets national safety standards

- Eat properly - Get plenty of sleep

- Perform proper stretches before and after the sport

- Continue to protect old injuries by staying physically fit and wearing supportive braces and splints if needed

- Know and abide by the rules of the sport

- Drink plenty of water to hydrate your body before, during, and after the sport



KLEINERT KUTZ

**For Routine and Emergency Hand,
Wrist and Arm Care call (502) 561-4263.
We accept pediatric and adult patients.**

Downtown Louisville • 225 Abraham Flexner Way, Suite 700 • Louisville, Kentucky 40202 • (502) 561-4263 • (800) 477-4263

East Louisville (Baptist East Medical Pavilion) • 3900 Kresge Way Building B, Suite 43 • Louisville, Kentucky 40207 • (502) 562-0333 • (800) 477-4263

Eastpoint Louisville • 2400 Eastpoint Parkway, Suite 570 • Louisville, Kentucky 40223 • (502) 561-4263 • (800) 477-4263

New Albany, Indiana • 3605 Northgate Court, Suite 101 • New Albany, Indiana 47150 • (812) 944-4263 • (800) 477-4263

Lexington, Kentucky • 230 Fountain Court, Suite 375 • Lexington, Kentucky 40509 • (859) 264-9606