

# While your injury is healing...

**NO**

Running, jumping, jogging, climbing, skipping, hopping, wrestling, bike riding, skateboarding, ballet, tap, jazz, square dancing, cheerleading, cheernastics, gymnastics, basketball, volleyball, football, soccer, baseball, softball, ice hockey, field hockey, bungee jumping, climbing trees, karate, judo, yoga, aerobics, step, spinning, pilates, horseback riding, calf roping, barrel riding, bull riding, skiing, snowboarding, tobogganing, snowmobiling, tumbling, falling down, falling up, tripping, stumbling, swimming, skating, four wheeling, three wheeling, riding in or driving golf carts, riding a scooter, surfing, parasailing, sky diving, motorcycling, dirt biking, motocross, ping pong, tennis, badminton, squash, racquetball, handball, jai alai, waterskiing, jet skiing, wake boarding, boating, lacrosse, polo, tag, hide and seek, hop scotch, swinging statues, dodgeball, tetherball, four square, kickball, monkey bars, tug of war, trampolines, slides, swings, moonwalks, walking the dog, chasing the dog, tripping over the dog, hiking, spelunking, rafting, canoeing, rowing, step dancing, clogging, weightlifting, shot put, high jump, long jump, hurdles, javelin throwing, skeet shooting, hunting, curling, cricket, figure skating, speed skating, scuba diving, snorkeling, rugby, boxing, kayaking, fencing, archery, rope jumping, rock climbing, repelling, mountain climbing, hang gliding, paintball, Frisbee, or bowling.



 Orthopedics for Kids

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