

Media Release



Sunday, 8 March 2015

Jump in trampoline injuries prompts warning

Following the opening of several indoor trampoline centres around Sydney, doctors at Sydney Children's Hospital, Randwick have seen a significant rise in the number of children admitted with preventable trampoline-related injuries.

Experts are urging parents and carers to be vigilant when allowing their children to play on trampolines, particularly at indoor trampoline centres.

From June 2014 to January 2015, Sydney Children's Hospital, Randwick saw approximately 40 admissions due to children injuring themselves at indoor trampoline centres. Many more presented to the Emergency department and Outpatients clinic with minor injuries.

"These figures are alarming because of the large numbers of serious injuries sustained at these centres. They are also worrying because most of these injuries are readily preventable," said Dr Christopher Mulligan, doctor at Sydney Children's Hospital, Randwick.

"The types of indoor trampoline-related injuries seen vary. Most are arm and leg fractures, many of which required operations. There have been a range of other injuries, like lacerations and soft tissue injuries as well. In one particularly serious case, a young lady sustained an unstable neck fracture, which needed complex spinal surgery."

This jump in injuries has prompted a group of doctors and researchers at Sydney Children's Hospital, Randwick to commission a research project.

"Our study will be completed later this year and looks at indoor trampoline-related injuries, the factors that contribute to them, and how risk can be reduced for children so that they can enjoy trampoline activity safely," explained Dr Mulligan.

For more information, please contact:

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“However, even before the results of the study are out, we want to urge all parents and carers to follow simple preventative measures like, supervising children at all times, not allowing them to jump on a trampoline with others (particularly bigger children or adults), and ensuring there are no hazards located around the trampoline. We would also stress the importance of following all indoor trampoline centre rules.”

Regular physical activity and sport are essential for growth, development and health and Sydney Children’s Hospital, Randwick supports this while encouraging families to take all necessary precautions to prevent injury from occurring.

Dr Christopher Mulligan is available for interview

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Sydney Children’s Hospital, Randwick

Each year, Sydney Children’s Hospital, Randwick cares for more than 45,800 seriously ill and injured children from across NSW, Australia and beyond in a family-centred, multidisciplinary, expert environment.

Sydney Children’s Hospital, Randwick is one the country’s leading centres in paediatric clinical and research excellence and is part of The Sydney Children’s Hospitals Network (SCHN), the largest network of hospital and services for children in Australia.

For more information visit www.schn.health.nsw.gov.au

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