

## Staying Safe with Roller Shoes



The new sport among children and teens is rolling or heeling. Rolling or heeling is done with a special shoe called heelys. Heelys are shoes with wheels built into the heel. They are also called roller shoes or street gliders. These shoes are sold in department stores and “Heely” specialty stores across the country and state. According to the American Academy of Orthopaedic Surgeons, (AAOS) “parents may get a false sense of security from buying these shoes since they are sold in department stores but keep in mind, they are a form of inline skates since they contain wheels”.

Common injuries associated with these shoes are fractures of the wrist, hand, and/or elbow, as well as cuts and scrapes from falling. Any child taking part in rolling should follow safety practices. Following these basic safety tips can save you and your child a trip to the hospital to treat an injury:

- Learn the basic skills of skating.
- Learn to skate safely.
- Wear protective gear such as a helmet, and elbow and knee pads.
- Learn how to stop and start, and where to roll.
- Do not roll downhill, over curbs, or in rough terrain.
- Do not roll in stores or parking lots around crowds of people.
- Do not roll in traffic.
- Supervise young children at all times when they are rolling.
- Supervise your children when they are first learning to heel.





Basic shoe buying tips should also be followed when choosing heels for your child. These include:

- Buy well fitting shoes that do not put pressure on any part of the foot.
- Buy shoes at the end of the day when feet are at their largest.
- Have the child wear the socks they will be wearing when they will be heeling to make sure of proper fit.

For more information on preventing injuries visit the AAOS online at <http://www.orthoinfo.org>.

Adapted for use in Kentucky from AAOS (2006) Put the brakes on this summer-new heeley injury data released. Available online at [http://www6.aaos.org/news/Pemr/press\\_release.cfm?prnumber=595](http://www6.aaos.org/news/Pemr/press_release.cfm?prnumber=595)

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