Then there’s the shooting pain, surgery, pain meds, possible permanent disability, and explaining to your son that you can’t play catch.

Who needs it, right?

Sprain and strain injuries can creep up on you gradually or hit you like a 90 mph fast ball.

There are things you can do to prevent or minimize sprain and strain injuries.

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk to injury.