



# Mouthguards for Kids in Sports



Orofacial injury in sport is prevalent and carries significant medical, financial, cognitive, psychological, and social costs. Research confirms that mouthguards can prevent many orofacial injuries. Mouthguards are an essential piece of protective equipment in all sports that present a risk of orofacial injury at the recreational and competitive levels, in both practices and games.

Over-the-counter mouthguards provide inferior protection for teeth and gums. They are thinner, more brittle, and do not stay in place unless the athlete clenches their teeth. These factors result in low compliance and reduced effectiveness. Custom-fitted mouthguards are significantly thicker, constructed from higher quality material, and fit the athlete's mouth, allowing them to speak, swallow and keep the mouthguard in place without clenching.

## What the Federal Government Can Do

The federal governments should fund health promotion and injury prevention programs that emphasize the importance of mouthguards.