

# OVERUSE INJURIES IN HIGH SCHOOL ATHLETES

*Recognition, Treatment and Prevention: A Team Approach*



# The Problem

**Overuse injuries account for half of all sports injuries in middle school and high school.**

*(Source: Safe Kids USA)*

- **If recognized early enough and treated properly, the severity of these injuries can be reduced significantly**



# What is Overuse?

**Overuse is considered excessive and repeated use that results in injury to the bones, muscles or tendons involved in the action.**

- As opposed to acute injuries, these happen over time and are a result of repetitive micro-trauma to the bones, muscles and tendons.

Examples: Tendonitis (Achilles, tennis elbow, jumper's knee),  
"Shin Splints"



# Why Do They Occur?

- Physical stress on the body is a beneficial way of making bones and tissues stronger (remodeling)
- Remodeling is the breaking down and re-building of tissue in order to get stronger through exercise
- If the breakdown of tissue is occurring faster than the re-building, overuse injury occurs



# Recognizing Overuse: The Team

- Athletes
- Parents
- Coaches
- Health Care Professionals (ATC, MD, PT, etc.)



# Treatment

- Cutting back intensity, frequency or duration of activity (NOT necessarily removing from activity)
  - Cross-training or less-stressful activities to maintain fitness level
- Learning proper training and technique from coaches and ATCs.



# Treatment

- Proper warm-ups/cool-downs before AND after
- Treating minor aches and pains with ice and anti-inflammatories (Motrin, Advil, Ibuprofen)
- Appropriate stretching/strengthening exercises to restore balance between tissue breakdown and remodeling



# Prevention

- Allow sufficient recovery time between stressful physical activities (Have them “listen” to their bodies)
- Incorporate strength training/flexibility training (\*Pre-season)
- Educate athletes on proper nutrition and hydration
- **\* Encourage kids to speak with an athletic trainer, coach or physician if they are having progressive pain**







*Keeping Kids in the Game for Life*


[www.STOPSportsInjuries.org](http://www.STOPSportsInjuries.org)

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- American Orthopaedic Society for Sports Medicine
- National Athletic Trainers' Association
- American Medical Society for Sports Medicine
- American Academy of Orthopaedic Surgeons
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## HOCKEY INJURIES AND PREVENTION

Ice hockey is a finesse sport that requires a unique combination of speed, power, and teamwork. As a result, players are at risk for specific injury patterns—some of them avoidable.



**WHAT ARE THE RISK FACTORS FOR HOCKEY INJURIES?**

The chance of sustaining an injury depends on many variables, including the level of participation, player position, protective equipment, violent behavior, and personal susceptibility due to pre-existing injuries and style of play. Injuries occur much more frequently in games and increase with each level of participation.

# HOCKEY

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  - Sport specific information
- Video podcasts
- Specific educational tip sheets focused on various audiences
  - Parents
  - Athletes
  - Coaches
  - Healthcare providers