

The Overuse Syndrome

Prevention

Overuse is exactly what it sounds like: injuries, such as tennis elbow and shin splints that occur from using one body part more than others. It can be prevented by:

- Slowly increasing the intensity and duration of workouts
- Wearing properly fitting shoes and clothing appropriate to the sport
- Warm-ups, stretching and strengthening
- Rest periods for the given muscle group used
- Exercises that target other parts of the body

Recognizing Overuse Injuries

- Gradual onset
- Athlete doesn't remember being hit or otherwise injured
- Athlete's sport involves a repetitive activity

The R.I.C.E. Way:

How to Treat Overuse Injuries

- **Rest:** Make sure your child rests the injured part of the body.
- **Ice:** Apply ice packs. Never apply heat in the first 24 hours after an injury. It will increase swelling.
- **Compression:** Wrap the injured part of the body in a compression bandage for at least two days.
- **Elevation:** Keep the injured part of the body elevated above heart level to reduce swelling.

When to See a Healthcare Provider

- If symptoms persist during daily activity
- If symptoms are severe enough to affect walking
- If symptoms diminish after a week of rest but return soon after the athlete resumes activity

For more information, visit:

- American Medical Society for Sports Medicine
www.amssm.org
- American Orthopaedic Society for Sports Medicine
www.sportsmed.org
- Kids Health for Parents
www.kidshealth.org



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