

Overuse injuries and effective return to sport

Information for young people, parents, carers, and coaches

What causes an overuse injury?

An overuse injury is damage to a bone, ligament or tendon caused by stress from a repetitive movement, such as running. Although these types of injuries are common in athletic children and young people, they can be managed or completely avoided through promoting efficient recovery, and managing the amount of physical activity they participate in each week.

What factors can contribute to an injury or slow down recovery?

Young people can get injured for lots of reasons. Your physiotherapist will discuss with you how you were injured, and what other factors might have contributed to you getting injured. Please see below for some of the main influences in injury occurrence.



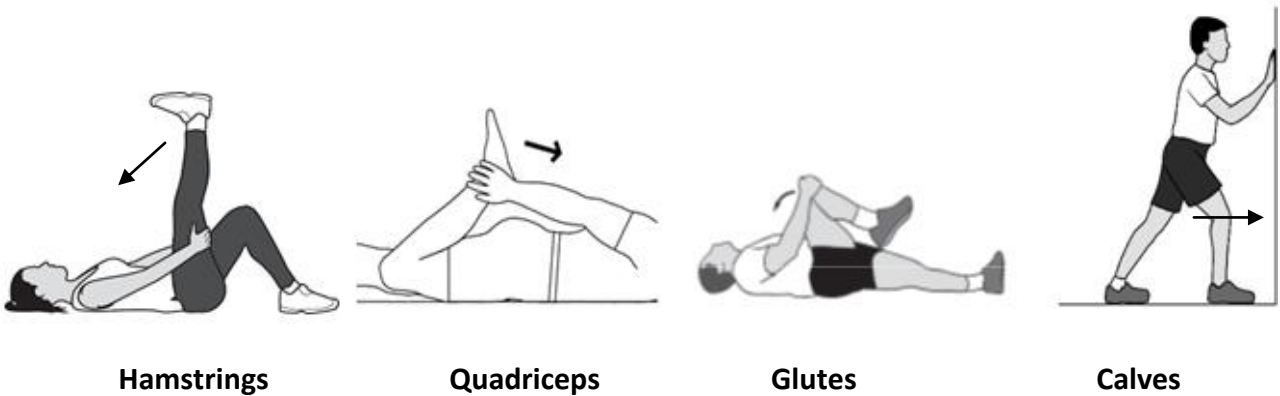
How can you promote efficient recovery?

Parents and carers

- Encourage your child or young person to eat a balanced diet which includes fruits, vegetables and protein. This includes at least 8 cups of water a day
- Ensure your child gets at least 8 hours of sleep a night.
- Consider vitamin D tablets to supplement for Scottish winters
- Manage the total amount of physical activity your child or young person is participating in each week.

Coaches

- Encourage regular stretching during training sessions (some examples are shown below)- particularly during a young person's growth spurt
- Add some full body strengthening exercises into training (e.g. squats, lunges and push-ups)
- Ensure that children and young people are given enough time to recover after an intense training session or game.



Managing physical activity levels

Managing the amount of high intensity exercise your child or young person participates in each week will allow their bodies to properly recover. A useful guide is to limit high-intensity activity to no more than 4 sessions per week and try not to participate in high-intensity activities on 2 days in a row.

Below is a useful table for you to manage what you are asking your body to do.

Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School PE							
School activities							
Out of school activities							

Return to sport journey

Getting back after injury may take some time, and might involve ups and downs. Your physiotherapist will discuss with you things you can work on throughout your rehabilitation. The body often needs a break after an injury, and your injured part may be 'grumpy' or sensitive for a while. It is ok to rest. Your physiotherapist can give you ideas of how to stay active and strong whilst you cannot do your chosen sports. Think about what is it you want to be able to do again (your goal) and let your physiotherapist know so we can help you get there.

Contact telephone numbers:

This leaflet is a guide to returning to you sporting activities. However, you should be guided by your Physiotherapist who may tailor this process for you. If you have any concerns or questions, please contact the Physiotherapy Department on **0131 312 1079**

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