

# OVERTRAINING/OVERUSE INJURIES IN ADOLESCENT ATHLETES

Overuse injuries or burnout may occur when an athlete's body can't recover from too much physical activity resulting in declining performance.

## RISK FACTORS

- Year-round participation with no "off-season"
- Peer pressure to push through pain or to "suck it up"
- Participation on multiple teams and multiple sports in the same season
- Lack of motor skills, resulting in poor techniques for the activity
- Unable to recognize early signs of injury
- Insufficient recovery time between practices and games



## SIGNS AND SYMPTOMS

- Pain during or after activity that may or may not affect performance
- Pain that does not subside with rest
- Personality changes
- Elevated resting heart rate
- Decreased level of performance
- Fatigue
- Lack of enthusiasm for practice or games
- Difficulty completing practice routine

50% of overuse injuries are due  
to sports specialization

50%

## TREATMENT AND PREVENTION TIPS

- Rest and ice
- Proper hydration and nutrition
- Notify coach of any aches and pains that occur during practice/games that don't subside with rest
- Proper warmup and post-practice "cool-down" routine
- Keep practices fun, with a variety of drills
- Allow 1-2 days per week to rest or engage in another activity
- Focus on strength and conditioning, cross training, etc. during the "off-season"
- Educate athletes on the signs of burnout and overuse injuries
- Ensure length of time and intensity of practices are age appropriate