

Understanding Overuse Injuries: Controlling the Load

Overuse Injuries in Young Athletes. Participation in sports is a fundamental aspect of a young athlete's physical and social development. Athletics provides a great opportunity for the young athlete to develop both upper and lower body strength, power and endurance in track and field events.

However, we know sometimes our young athletes' bodies are unable to keep up with the demand of training and competing whilst juggling multiple sports during the summer season. This unfortunately can result in injury... an overuse injury.

Rather than rolling your ankle, straining a muscle; when we work our bodies too much too quickly this can cause those frustrating, niggling overuse injuries.

There are two common overuse injuries to keep an eye out for this athletics season. The two being bone stress injuries and knee overuse injuries. Overuse injuries are frustrating and difficult injuries to observe and identify. However, early understanding and treatment of overuse injuries in young athletes is essential for them to optimise their training and competitive season.

Evidence-based physiotherapy interventions, including exercise rehabilitation, education on injury prevention and future planning and programming of training can be effective ways of preventing overuse injuries.

To keep reading, head on over to Carlingford Active Health's website for the full blog: <http://www.carlingfordactivehealth.com.au/news/understanding-overuse-injuries-controlling-the-load/>

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