

# Athletic Trainer Services



## Coaches' Education Handout

## overuse injuries

### What is it?

Overuse injuries are injuries caused by microtrauma\* that occur over time.

### How do they happen?

The body has an incredible ability to adapt to stress. In this case stresses pertain to that of a physical nature. Tiny; continuous tears or stretches, coupled with chronic inflammation and excessive overload are the most common precursors to overuse injuries.

### Causes of overuse include:

- Over-training
- Improper training and/or technique
- Inadequate Rest
- Early Specialization/ One-sport focus—Examples: Patellar tendonitis, tennis elbow, shin splints, etc.

### How are overuse injuries treated?

- Cut back on training!!! This includes a combination of intensity, duration, and/or session number.
- Learn proper training technique
- Utilize an alternation of hard and easy workouts
- Ice aches and pains. Icing is a good preventative measure!
- Using ant-inflammatory medications as necessary may be recommended

### How can they be prevented?

- Proper training
- Gradual training programs
- Proper warm up and cool down
- Adequate rest periods between exercises and training sessions
- Listen to your body!
- "No pain, No gain" DOES NOT apply!

## Remember: LESS IS MORE!!!

*\*Microtrauma: Caused by repetitive, tiny injuries that occur to the skeletal and muscular system that do not have adequate time to heal.*



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