



XRAY OF NORMAL TIBIA AND FIBULA, KNEE AND FOOT: OVERUSE INJURIES ARE USUALLY IN LEGS, ANKLES, AND FEET.

# Overuse Injuries: Information for Parents 2016

## Overuse Injuries

by Cora LeLong-Douglas

This sheet includes information for parents regarding sport related overuse injuries. Understanding high risk injuries associated with overuse in high school athletics is important. The information on this sheet includes prevention, rehabilitation, signs/symptoms and examples of common overuse injuries.

### What is an Overuse Injury?

Overuse injuries are most commonly known as damage to bone, muscle, ligament, or tendon due to repetitive stress. Constant stress just below your body's maximum output capability without giving proper time for rest.

### What are the statistics of overuse injuries in youth athletics?

- 71.6% of all children in the U.S. aged 6-18 play a sport.
- 50% of all sport related injuries are overuse injuries.
- The motions of running alone cause 68% of overuse injuries.

- Your child is at higher risk for an overuse injury when they are going through puberty.

### When are Overuse Injuries Most Common?

Overuse injuries are most common during middle school and high school athletics when students are going through puberty. During puberty, athletes are in the process of growing and their bodies are changing. The growing process starts with bones; then muscles, ligaments and tendons follow. This fact alone puts youth athletes at a higher risk of injury compared to adults. Injuries are also more apt to happen when athletes spend a lot of time practicing one sport or in one area of that sport.

### What is the cause of most Overuse Injuries?

Most overuse injuries are caused by over training paired with lack of rest. Normal training can also cause an overuse injury

if an athlete does not rest. They can also be caused by a lack of flexibility or inadequate rehabilitation from a previous injury.

### What are Signs/Symptoms of an Overuse Injury?

- Muscle aches and soreness
- Swelling
- Decreased strength or speed
- Pain with exercise or activity
- Decreased Range of Motion

### What are the most common Overuse Injuries?

Common Overuse injuries include:

- Stress fractures
  - Increased strain on muscles that cause more pressure to be put on bones.
  - Often caused by sudden increase in activity.
  - Usually take 6-8 weeks to heal.
  - Most commonly found in the foot or tibia or fibula.
- Sprains and Strains
  - Damage to ligaments and tendons
  - Most common overuse injury.
- Sever's Disease

- An inflammatory condition of the growth plate in the heel bone.
- Running, jumping and constant activity can cause damage to the growth plate.
- Growth spurts can also trigger the injury.
- Osgood-Schlatter Disease
  - Inflammatory pain in the front of the knee where the patella tendon attaches.
  - Most commonly caused by tension from a tight quadriceps muscle that is compensating from overuse.



X-ray image of Severs Disease.

[http://www.prahranfootclinic.com.au/wp-content/uploads/2012/05/Severs\\_Disease\\_X-ray.png](http://www.prahranfootclinic.com.au/wp-content/uploads/2012/05/Severs_Disease_X-ray.png)

### What can I do as a Parent to Prevent an Overuse Injury?

- Avoid letting your child play one sport all year round.
- Encourage them to try new things
- Take breaks between each season.
- Monitor their signs/symptoms and treat them appropriately.
- In the off-season, encourage them to stay active so they are ready for their next sport.



X-ray image of a stress fracture in the foot.

<http://orthoinfo.aaos.org/figures/A00379F02.jpg>

### References:

- American Medical Society for Sports Medicine. (2014). *Overuse Injuries and Blowout in Youth Sports: A Position Statement from the American Medical Society for Sports Medicine*. Retrieved January 20, 2016, from American Medical Society for Sports Medicine website: [http://www.amssm.org/Content/pdf%20files/2014\\_OverUse\\_Injuries-Burnout.pdf](http://www.amssm.org/Content/pdf%20files/2014_OverUse_Injuries-Burnout.pdf)
- American Academy of Orthopedic Surgeons. (2016). Overuse Injuries in Children. Retrieved March 22, 2016, from <http://orthoinfo.aaos.org/topic.cfm?topic=A00613>
- University of Health Services. (2013). Overuse Injuries. Retrieved March 22, 2016, from <http://www.uhs.wisc.edu/health-topics/muscles-and-bone/overuse.shtml>

## FAST FACTS

68%

Learn about these “thermometer charts” in the article at right.

42%

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## FOR MORE INFORMATION

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## Wrap text around images

The photos in this article that are angled with white borders are “floating” images. That is, they are setup for text to wrap around them—which is why they can span multiple columns in a three-column section.

Additionally, as mentioned earlier, the photo of the young woman in the body of this article is set to wrap text so that text will flow around the image as you add your own text.

To select text wrap settings, start by selecting the image and then do the following:

1. On the **Picture Tools Format** tab, in the **Arrange** group, click **Wrap Text** and then select either **Square**, **Tight**, or **Top and Bottom**—depending on how you want the text to wrap.

You might be happy with the default behavior as soon as you do this. Otherwise, continue to step two for customization options.

2. To set a specific position or control behavior (such as whether or not the image moves with text), on the **Picture Tools Format** tab, in the **Arrange** group, click **Position** and then click **More Layout Options**.

- ➔ On the **Text Wrapping** tab of the **Layout** dialog box, you can set a specific distance from the image for text to wrap and control whether text can wrap on both sides, one side only, or just above and below the image.
- ➔ On the **Position** tab of that dialog box, you can set a specific position for the image on the page and select or clear the option to allow the picture to move with text.

## Adding article titles, bylines, and dividers

The article titles and bylines for this newsletter are created in text boxes. This is because text can wrap around a text box just like it can around a picture. Similarly, the orange divider bars that you see on pages containing more than one article are shapes set to wrap text. So, these text boxes and shapes can easily span multiple columns without having to insert a section break or change the number of columns for just that portion of the page.

When you select a text box or a shape, on the **Drawing Tools Format** tab, in the **Arrange** group, you have the same settings for text

wrapping and positioning that are described above for wrapping text around pictures.

Note that, because text is set to wrap around the orange divider bars, your article might appear to slip below or above a bar, depending upon length. To adjust the position of a divider bar shape to accommodate the length of your articles, just select the shape and then use the up and down arrow keys on your keyboard to nudge it to the proper position.



Notice the image of the young woman that's within a text column on the preceding page. The background has been removed from that image to allow text to wrap directly around the subject.

Abico eum, ille et, conventio obruo duis ullamcorper ut, neo demoveo. Vel reprobo:

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Office 2010 introduced several new and improved picture formatting tools in Word, PowerPoint, and Excel. Among those is the Remove Background tool that you can use to remove backgrounds from your own images, similar to the sample image on the preceding page.

To do this in Word, first insert your image into the document (on the **Insert** tab, click **Picture**), and then select it. Then, on the **Picture Tools Format** tab, in the **Adjust** group, click **Remove Background**.

The Remove Background feature automatically displays what it believes to be the central subject of the image. However, it's easy to adjust this if the immediate result is not what you need.

## Remove Image Backgrounds

by [Article Author]

On the **Background Removal** tab, click **Mark Areas to Keep** or **Mark Areas to Remove** and then drag your mouse pointer in a line across the portion of the image you want to add or remove. When you are finished making adjustments, click **Keep Changes**.

FOR MORE INFORMATION



# Title Lorem Ipsum Dolor

by [Article Author]

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