

COMMON OVERUSE INJURIES

| Injury Type | Causes | Signs and Symptoms | Treatment |
|--|---|--|---|
| Shin Splints | <ul style="list-style-type: none"> • Changing running surfaces • Improper footwear • Inadequate pre-season preparation | <ul style="list-style-type: none"> • General pain along inside border of shin • Aching during and after activity | <ul style="list-style-type: none"> • Shin and calf stretching • Ankle strengthening • Ibuprofen for pain/swelling |
| Muscle Strains & Tendonitis | <ul style="list-style-type: none"> • Improper stretching and warm-up • Muscle weakness • Inadequate pre-season preparation • Multiple sports at the same time | <ul style="list-style-type: none"> • Pain with activity • Decreased range of motion • Decreased strength • Decreased performance | <ul style="list-style-type: none"> • ICE for the 1st 24-72 hours then switch to heat • NSAID's for pain/swelling • Rest until ROM returns • Rehab to increase flexibility and strength |
| Stress Fractures | <ul style="list-style-type: none"> • Overuse – continuing to run through pain with no treatment • Poor nutrition | <ul style="list-style-type: none"> • Pain with activity and with rest • Painful to touch | <ul style="list-style-type: none"> • X-ray/MRI/Bone Scan • Immobilization • REST is best! |
| Chronic Muscle Fatigue | <ul style="list-style-type: none"> • Playing multiple sports at the same time • Poor nutrition | <ul style="list-style-type: none"> • Feeling tired all the time • Poor performance | <ul style="list-style-type: none"> • REST is best! • Doctor evaluation for best needs for athlete |

PREVENTION TIPS AND TRICKS

1. REST IS ALWAYS BEST
 - a. If rest doesn't help, see your athletic trainer or a doctor so you can feel better
2. Proper nutrition and hydration practices
3. Starting to feel soreness?
 - a. Ice after practices
 - i. Ice bags or ice baths
 - b. Massage/rolling out
4. Proper warm-up and cool down
 - a. Make sure you are adequately stretching before and after activity
5. Footwear
 - a. Are your shoes new and not broken in? Are they too old and time to get new ones?
 - b. Do you have flat feet or high arches?
 - i. Maybe we should look at getting orthotics!