

3 rules to prevent overuse injuries in young athletes

1

Promote short-term recovery by having kids:

- stretch before and after training
- engage in a proper cool-down period after training
- eat a meal that contains both protein and carbohydrates within the hour after training
- have a proper rest period following training

2

Promote long-term recovery by having kids:

- play one sport no more than 5 times a week
- teenage athletes can generally tolerate playing the same sport 5 times a week
- take 2 to 3 months “off” from a particular sport to heal the body and recharge the mind

3

Promote multi-sports by having kids:

- play multiple sports and participate in many physical activities, which leads to kids playing longer and at a higher level



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