



THE ASPEN INSTITUTE  
**PROJECT PLAY**

# 5 WAYS

to identify if your athlete is at risk for an

## OVERUSE INJURY



**1** Participating in one sport more than eight months per year.



**2** Your child's sport activity requires high volume of repetitive motion and time on task.

**3** Practicing and competing without adequate rest and recovery time.



**5** Child can't remember last time they had a day off training.



**4** Recurring injuries in similar parts of the body.



[PROJECTPLAY.US](http://PROJECTPLAY.US)