OVERUSE INJURY

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

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

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

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

4. Recurring injuries in similar parts of the body.

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