

# Injury Prevention Tips

## 3 Most common Injuries in Youth Sport

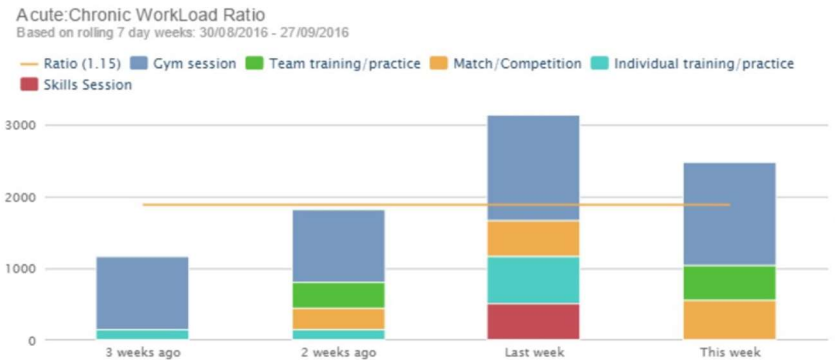
- **Knee Injuries -**  
There are many types of knee injuries but a common one in boys is Chondromalacia Patellae (pain below the knee at the top of the shin). Usually caused by a combination of over training and a growth spurt
- **Sprains and Strains**  
With increased laxity in the developing ligaments the chances of rolling an ankle and damaging the local ligaments are increased.
- **Fractures**  
Generally a one off impact injury but still quite common in youth sport. Sometimes a result of large range of ability and sizes in team sports



## Over Training

**A large and continually growing problem in youth Sport is the prevalence of overtraining**

**Particularly in 15+ age groups where talented athletes are asked to play for multiple age groups across 2 or more sports**



## Preventing Over Training

In highly competitive environments small differences matter. This leads to the perception that we need to constantly train our athletes so an individual strength plan is often prescribed.

However, the graph above suggests that even a similar amount gym time from week to week can overload the athlete the total workload is taken into account.

Persistent increases of Acute workload above the Chronic level will lead to tissue fatigue and injury

**Have a consistent warm up routine**

**Keep track of all training loads including**

- **High Speed running**
- **Accelerations**
- **Decelerations**
- **Impacts (jumps in gym)**
- **Weight Lifted**
- **Rate of Perceived Exertion (RPE)**  
(How hard each session feels on a scale of 1 – 10)

**Use correct technique and Equipment**

**Don't train / play with and injury**

At **Optimal BioMechanics** we offer an **Athlete Monitoring Service** to measure and record the physical workload, mental fatigue and wellbeing.

Any overload is identified and an alert is sent to the athlete to advise a change in the routine for that week.

Age suitable development markers are also routinely tested to ensure optimal physical development