Overuse Injuries in Youth Sports

A young athlete’s body is overwhelmed by doing too much with too little chance to recover.

Keep Your Kids in the Game

- Athlete development takes time – the key is diversified, balanced, and progressive athletic exposure.
- Longer rest periods between training sessions and competitions can significantly improve safety and performance.
- No child should play hurt... If an injury occurs, it is essential that full recovery and rehabilitation are complete before starting up again.
- Take an active role in making youth sports a lasting foundation for life… and fun!

Take the pledge – visit www.nyshsi.org