



Upper Valley
Medical Center
Premier Health Partners

UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

September 2011

Prevention of Overuse Injuries

By: Aaron Schlotterbeck, ATC, LAT

Due to the increasing number of young people starting sports at an early age, training year-round, experiencing increased work loads, specializing in a particular sport and competing at elite levels, physicians and athletic trainers have seen a growing number of overuse injuries (also called cumulative trauma disorder or CTD) in youth sports activities over the past decade. Recent studies indicate that 30% to 50% of pediatric sports related injuries are a result of overuse, with the frequency of injury being nearly equal between boys and girls.

Most overuse injuries are not a result of trauma from one particular event. They are injuries that develop over time as a result of repetitive motions causing tissue damage that require time to heal. These overuse type of injuries are a result of tissue structures fatiguing from repetitive activities. If the tissue structures are not given sufficient time for recovery, then micro areas of structural tissue damage begin to build, resulting in pain and injury. These types of overuse injuries can impact nerves, tendons, bones and ligaments.

Common causes of overuse injuries are training errors and technique errors. Training errors occur when an individual takes on too much physical activity too quickly. Going too fast, training for too long or simply doing too much of one type of physical activity can cause muscle strain, resulting in an overuse injury. Technique errors may also contribute to overuse injuries. Using improper form while training or participating in physical activity may overload muscles and cause an overuse injury.

Most overuse injuries are avoidable. Follow some simple steps to avoid these types of injuries:

- Address medical conditions—consult with your physician before initiating a new activity. You may have flexibility or strength imbalances that need to be addressed. Your physician can provide tips to help you make physical activity safe.
- Pace yourself—don't condense your physical activity for the week into a weekend. Spread the physical activity throughout the week and always find time to warm-up before activity and cool down afterward.
- Gradually increase activity levels—don't increase your activity level by more than 10% per week. This includes training distance, time and intensity levels. Make sure you allow adequate recovery periods in your training schedule.
- Use proper technique and training gear—using the proper technique can help prevent overuse injuries. You should make sure you wear the proper footwear for the activity and consider replacing the footwear every 300 miles that you walk or run, or at least twice per year if you exercise regularly.
- Vary your training routine—consider combining two or more types of physical activities instead of focusing on just one type of exercise. This is also known as cross-training. Doing a variety of low impact exercises in moderation can help to prevent overuse injuries by utilizing various muscles in the body during exercise.

Please contact the UVMC Center for Sports Medicine at **937-667-2614** for more information, or call your primary care physician for immediate medical attention if you or your athlete suspect that you have an overuse injury that is preventing participation in normal activities.

WALK-IN CLINIC FOR ATHLETIC INJURIES
Saturdays, Aug. 20-Oct. 29 from 9-11a.m
(Excluding September 24)

The UVMC Center for Sports Medicine offers a Walk-In Clinic for acute athletic injuries on Saturday mornings starting August 20.

Sports medicine professionals will be available for consultation, imaging, evaluation and immediate treatment, including our fellowship trained sports medicine physicians:

Dr. Jeffrey Rayborn, MD and
Dr. Mark Zunkiewicz, MD

The Walk-In Clinic is located at the Hyatt Center in Tipp City. Location signs will be posted. No appointment necessary. Last walk-in is accepted at 10:30 a.m.

Please call (937) 667-2614 for further information.



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TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to recognize outstanding girls' and boys' varsity athletic teams from our affiliated schools by asking our area coaches, athletic directors, athletic trainers and school administrators to nominate a deserving team to receive this award.

One team from a UVMC affiliated school will be selected each month based on our nomination criteria.

For more information contact the UVMC Center for Sports Medicine at:

(937) 440-7152 or (937) 667-2614

Athletic Trainers – not “Trainers”

The world today is on the move, and people are more active, more interested and more educated. We're trained in fitness, sports, computer applications and even parenting. As a result, the word "trainer" has lost its meaning when individuals are referring to Certified Athletic Trainers. Who are Certified Athletic Trainers and what is their role?

Qualifications of a Certified Athletic Trainer

An athletic trainer is a person who meets the qualifications set by a state licensure and/or the Board of Certification, Inc. and practices athletic training under the direction of a physician.

Education and certification requirements of a Certified Athletic Trainer

- Must have at least a bachelor's degree in athletic training, which is an allied health profession.
 - Must pass a comprehensive exam before earning the ATC credential.
- Must keep their knowledge and skills current by participating in continuing education.
- Must adhere to standards of professional practice set by one national certifying agency.

Daily duties and work settings of a Certified Athletic Trainer

- Provide physical medicine and rehabilitation services.
 - Prevent, assess, treat and rehabilitate injuries (acute and chronic).
 - Coordinate care with physicians and other allied health professionals.
- Work in schools, colleges, professional sports, clinics, hospitals, corporations, industry, military and performing arts.

If you have questions about the person providing health care for you, for your student or for a colleague, speak up! Be sure you're getting the right health care for the right condition.
