



## Overuse Injuries

This topic is a great start to the spring. Everyone is excited about getting on the field. Cabin fever has everyone on the edge, and once those doors open every coach is going to get their team going full throttle. Now, the reality of the northeast is no mystery. We are probably not going to get out on our field till sometime in April. So, while we are inside enjoying the dull orange color that covers our glorious basketball gyms, we can get our players ready for that big push when the outside decides to play our game.

Overuse injuries are classified by their slow onset and dull pain that follows. Sometimes this can be confused as delayed muscle soreness. One thing to think about is the amount of repetition that happens in the gym setting. When in a gym you are limited to what you can do. Things seem to go quicker, and athletes may increase their activity faster than what their body wants to do. Here is some stuff to keep in mind while getting ready for your season in the sun.

- **Repetition**

- Problem- Limits in the gym cause drills to become repetitive. An excess of the same motion can cause continual strain on the ligaments and muscles. The body needs time to adapt to increases in stress.
- How to help- Get out of the cycle of working one motion. Separate drills that stress one part of the body (i.e. a pitcher who does his or her pitching, then goes into a long toss drill). Put enough people in a group to limit how many times one will go through the drill. It is important not to have too many people or the athlete is not getting the benefit they need.

- **Education**

- Problem- Athletes enter high school with poor technique. Not always the case, but a lot of people get by with what works for them. Even though it may cause issues later on in the season.
- How to help- Education in proper motion can increase performance and decrease overuse injury. Poor technique will place more stress on certain tendons and ligaments. Position is everything. If you warm up with proper motion, then you should in turn see less time taken off for injury.



- **Tendonitis**

- Problem- Most common outcome from overuse. Tendonitis is the inflammation of a tendon. This is usually found at the elbow and shoulder. Other areas include the hamstring and Achilles tendon.
- How to help- Early recognition. Get your athlete to see the Athletic Trainer ASAP. If you do not have one readily available, then ice should be applied to the area for 20 minutes. Keeping the inflammation down is very important in a quick recovery.
- Prevention- Don't play through the pain. There is a difference between running while your body feels fatigued, and when a sharp pain is coming from behind your knee. Pushing through injury only feeds it. When your body is ready to receive stress, then you get back into conditioning.



Link for more information:

[Repetitive motion](#)