



# Young Athletes Beware & Prepared!



## Did you know ...

- Sport accounts for 242 000 injuries in children in Canada\*
- Overuse injuries, from repetitive actions, are more problematic in a child athlete because of the effect they may have on bone growth
- The most common types of overuse injuries are:
  - Anterior knee pain
  - Shoulder pain
  - Low back pain
  - Little league elbow
- Overuse injuries are caused and/or aggravated by:
  - Growth spurts
  - Inadequate warm-up and/or technique
  - Excessive activity (e.g. intensity, duration)
  - Unsuitable equipment (e.g. shoes)

## Did you know physiotherapy can help ...

- Identify a young athlete's overuse injury & its cause
- Reduce pain; restore function and strength
- Educate the athlete, parents, and coach on technique, equipment, and self-management strategies
- Young athletes return to safe play!

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*Taking a step toward  
optimal mobility, function and health*