



# overuse injuries

There are basically two types of injuries: acute injuries and overuse injuries. Acute injuries are usually the result of a single, traumatic. Common examples include wrist fractures, ankle sprains, shoulder dislocations, and hamstring muscle tear.

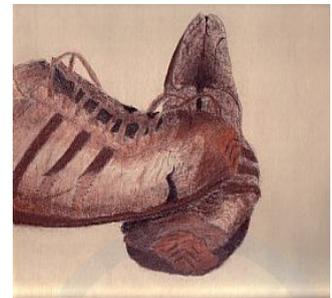
Overuse injuries are more subtle and usually occur over time. They are the result of repetitive stress to the tendons, bones and joints. Common examples include tennis elbow (lateral epicondylitis), swimmer's shoulder (rotator cuff tendinitis and impingement), golfer's elbow, runner's knee, jumper's knee (infrapatellar tendinitis), achilles tendinitis and shin splints (mtss).

How to they occur? In brief, exercise and training causes 'remodelling' within the body i.e. the breakdown and regeneration of tissue and cells. Remodelling is a natural and beneficial process, however if 'breakdown' occurs faster than regeneration, injury can occur. Poor technique, incorrect training habits, postural problems and incorrect equipment can all contribute to overuse injuries.

## treatment of overuse injuries

Overuse injuries usually require a combination of:

- *active rest* (eg. swim when a running injury occurs),
- *change of habits* (technique, training volumes etc.)
- *change of equipment* (new shoes, lighter bat/racquet, different training surface etc.)
- *physical therapy* (myotherapy, physiotherapy, osteopathy etc.)
- *corrective exercises* (usually prescribed by your practitioner - used to improve technique, posture and muscle strength imbalances).



it may be time to consider new training gear....

## what you can do

Overuse injuries can be an incredibly frustrating issue. The best approach for an athlete experiencing an overuse injury is to 'listen to their body' and not attempt to mask any pain with drugs. Masking pain will mean that the problem will worsen to the point where a more severe injury may occur, and/or pain will not cease even with drugs.

Steps to take to AVOID developing an overuse injury:

1. Increase training intensity and volume slowly - the traditional 'add 10% a week' rule is a good guide for athletes without a coach.
2. Warm up: ensure that you have unrestricted pain free movement throughout your chosen activity. A dynamic warm-up works well - move all body parts through their full range, starting with small moments and increasing to large swings or rotations.
3. Warm down: complete a slow jog or walk after training and stretch.
4. Keep equipment in good condition: replace running shoes every 500km, check bike set-up regularly (Sports Injury Solutions can do this for you), don't use other peoples orthotics etc.

Steps to take when you HAVE an overuse injury:

1. Stop doing the exercise that is causing pain.
2. Consult a health professional as soon as possible (we find myotherapists are great with overuse injuries).
3. Review your training program - something may be wrong (too much too soon etc.)
4. Review your technique - get your coach or a friend to observe and video your technique for review by your coach and/or therapist.
4. Replace old or worn training equipment



training load is a major factor



gait analysis can improve technique and reduce physical stress