



5 WAYS

to help your child prevent an

OVERUSE INJURY



1 Balance practicing, competing and recovering.

2 Delay your child from specializing in a single sport as long as possible.



3 Take at least one month off from a sport at least three times per year for physical recovery.

4 Monitor any repetitive injuries that your child may have.



5 Encourage physical activity skills that balance all parts of the body.



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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

