



5 WAYS

to identify if your athlete is at risk for an

OVERUSE INJURY



1 Participating in one sport more than eight months per year.



2 Your child's sport activity requires high volume of repetitive motion and time on task.

3 Practicing and competing without adequate rest and recovery time.



5 Child can't remember last time they had a day off training.



4 Recurring injuries in similar 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.

