



BC Amateur Baseball Association

#310 – 15225 104th Avenue, Surrey, BC V3R 6Y8

T:(604) 586-3310
F:(604) 586-3313
E:info1@baseball.bc.ca
I: www.baseball.bc.ca

Preventing Overuse Injuries

1) This is a link to the Mayo Clinic's website and a page titled, '**Overuse Injury: How to Prevent Training Injuries**'. The page discusses causes, prevention, and recovery from overuse injuries.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/overuse-injury/art-20045875>

2) This is a link to Sports Med's website and an article titled, '**Conversation Starters – When Play is Too Much**'. It presents recommendations for parents on how to lookout for and communicate with children about overuse injuries.

https://www.sportsmed.org/aossmimis/STOP/Prevent_Injuries/Revised/Parents_Play%20Is%20Too%20Much.pdf

3) This is a link to Sports Med's website and an article titled, '**How to Prevent and Spot Overuse Injuries in Kids**'. The article identifies signs of overuse injuries and suggests strategies for preventing them.

https://www.sportsmed.org/aossmimis/STOP/Prevent_Injuries/Revised/Parents_Overuse%20Injuries.pdf

4) This is a link to a Ted Talk presented by Dr. Matt Roth titled, '**Rethinking Youth Sports**'. Dr. Roth is a sports medicine physician. His presentation links the shift to athletes participating in a single sport with mental health issues and overuse injuries.

<https://www.youtube.com/watch?v=sTTSYHGxPU4>