



**Warming Star**  
 Warm loving environment for 2+ to 5 year olds  
 Montessori-qualified staff  
 International atmosphere  
 Light and airy premises  
 Private sunny patio  
 Fulham /Hammersmith border

Please ring—  
 Morning sessions **020 7381 3511**  
 plus Tuesdays 1-3pm **020 7736 8729**

**Calling all Baby Scientists!**  
 Help us discover how babies learn!  
 Calling all infants from birth to 18 months to take part in fun studies at the Birkbeck BabyLab in central London. We provide a black cab if you live within 5 miles of Birkbeck, or we refund any travel expenses.  
**020 7631 6258 • babylab@bbk.ac.uk**  
**www.cbcd.bbk.ac.uk**



**The Running School for Kids**  
**FREE Introductory Trial Sessions for all Families readers!**  
 Technique Coaching  
 Coaxial Movement Skills  
 Outdoor Sessions  
 Running Art & Captain Command  
 Multi-sports Running Clubs

[www.body-logic.co.uk/runningschool](http://www.body-logic.co.uk/runningschool)

**Body Alignment Classes for Mums, Dads & Children**

- Regain mobility & flexibility
- Relieve pain from poor posture & repetitive habits
- Gentle movements align your spine & strengthen surrounding muscles

CLASSES IN BRAY/FAIRFAX/PETWET-see website  
 ONE 2 ONE CLASSES ALSO AVAILABLE  
 patricia.rezende@bt.com  
 T: 0800 756 2547 M: 07983 546007  
[www.chrenfriedmethod.co.uk](http://www.chrenfriedmethod.co.uk)

**DOG THERAPY**  
**CRANIOSACRAL THERAPY**

Amanda James Dip ESAO Dip ESMT

- Eases Pain
- Reduces stress
- Helps behaviour



animalcraniosacraltherapy@gmail.com  
 07932 046 888  
[www.animaltherapy.webeden.co.uk](http://www.animaltherapy.webeden.co.uk)

# Overuse injuries in children —when sport becomes ‘too much, too soon’

By Christine Julien-Laferrière, physiotherapist

As parents, we hope our child will get all the benefits of sport, which far outweigh the risks. However, in recent years, physiotherapists have seen an increase in “overuse injuries” in children. Too much sport and too much of a single sport can lead to overuse injuries.



Overuse injuries arise gradually over time. They occur from repetitive actions such as throwing in volleyball, kicking in football, quick jumps... Using the same group of muscles or movement leads to muscle imbalance and poor mechanics which can stress the muscles, ligaments, tendons, bones and growth plates. Children who experience rapid growth may be more at risk. As the bones grow before the muscles, the muscles become tight. These issues particularly concern the knee and the foot (Osgood-Schlatter and Sever disease), the elbow and the shoulder.

If you suspect an injury, have your child examined by your doctor or by a paediatrics physiotherapist. They will assess, diagnose, discuss a treatment plan and provide advice. If necessary, he/she might be referred to a paediatric orthopaedic consultant. If your child is limping or cannot move a joint you should see someone quickly. It is important to diagnose and treat overuse injuries as early as possible to get the best outcome, prevent bone growth issues and chronic problems. As for adults, unresolved injuries can lead to recurrent or further injuries. Your child might be prescribed to rest, slow down, decrease or stop temporarily an activity to prevent aggravation and allow recovery.

### What are the signs and how to recognise an overuse injury?

- ✗ Pain. You should help your child to recognise his aches and pains
- ✗ Swelling and tenderness over the injured area
- ✗ Demotivation, disinterest
- ✗ Decrease or loss of function

### How to prevent overuse injuries?

- ✓ Avoid ‘too much too soon’
- ✓ Watch for excessive training schedules or big increases (intensity, frequency, duration)
- ✓ Avoid practising one single sport intensively
- ✓ Favour early sport diversification. Playing different sports is important for your child’s overall development especially before puberty
- ✓ Ensure good rests, breaks and recovery time, adequate warm-up and cool-down
- ✓ Use appropriate equipment
- ✓ Ensure the child is taught proper technique and conditioning

Physiotherapists are highly trained in musculoskeletal and sports specific conditions and are experts in assessing, diagnosing and treating overuse injuries. They will also look for their underlying causes: biomechanical, alignment, flexibility, endurance, balance or neuromuscular control. The physiotherapy treatment can include manual therapy, prescription of specific corrective exercises program, taping and advice on a conditioning program and preventive measures. The physio can also liaise with the PE teacher or coach. The goal being to help your child to return gradually to physical activities prevent further injuries and focus on a long-term physical lifestyle. [www.physio4all.com](http://www.physio4all.com) Physiotherapy Osteopathy and Sports Injury Centre

- Physio for All at Battersea, 40 Webbs Road, SW11 6SF, 020 72282141, [Battersea@physio4all.com](mailto:Battersea@physio4all.com)
- Physio for All at Chelsea, 222 Old Brompton Road SW5 0BZ, [info@physio4all.com](mailto:info@physio4all.com)