

Check List



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- Rest
 - Heat or Ice (depends)
 - Ibuprofen
 - Protective Equipment

Check in with Regina every day until your 100%

Main Office: Cage in High School.

Secondary Office: Middle School training room (near the gym).



Carver Athletics

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Carver Athletics

Overuse Injuries



Crusader Pride

Tel: 555 555 5555

What is an overuse injury?



Overuse injuries are typically caused by repetitive motions, prolonged stress, improper technique, body malalignments or any combination of these.

Overuse injuries include:

- Tendonitis/ Tenosynovitis
- Bursitis
- Fasciitis
- Spurs
- Syndromes

Immediate Care

It is important to rest any injured body parts. Depending on the severity of your injury this may mean a prolonged rest or just take it easy over the next few days.

Many of these injuries find relief with a simple taping procedure or protective device. Again, depending on the severity we may be able to do this right away or we will need to wait until the pain is gone.

Some of these injuries require heat some require ice. I will go over which one is right for you and why.

*FYI- Ibuprofen (Advil, Aleve) is recommended for pain and swelling. So long as your child can take these.



Return to Play

There is no one size fit all for returning to the game or practice. I will work with you on getting back A.S.AP.

Even two people with the same injury may take different times to heal. Especially if one is a little more severe than the other.

Sometimes just a simple taping procedure or protective device can put you back in the game. Others may need to miss a few days and in a worst case scenario your out for the season.

Rehab for these injuries may require you set aside time each day to do certain exercises or stretches. The more consistent you are with these the quicker you heal.

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