

## How much is too much for my child?

Children and adolescents can experience overuse injuries due to the sports and activities they are involved in which can be both very painful and frustrating for both the child and their parent.

The following recommendations are guidelines only, and if you have any questions or concerns please address your family physician or physiotherapist.

### What contributes to overuse injuries:

- Training errors (technique and/or volume)
- Lack of flexibility
- Alignment of lower body ('flat feet' or 'knock kneed')

### What to do:

- Stretching routine provided by your physiotherapist.
- Apply ice 10-15 minutes after activity
- Provide proper footwear
- Supervised strengthening program when able provided by your physiotherapist
- Modify activities when necessary

### When to modify activity:

- Pain persists after activity concluded
- Child is limping during activity or sport

### Activity Recommendations

#### Running

Max competition running distance:	
Age	Distance (km)
<9	3
9 to 11	5
12 to 14	10
15 to 16	half (21.1)
17	30
18	marathon (42.2)

Weekly training distance should not be more than twice the recommended max competition distance. Training freq for children up to 14 years old should not exceed 3x/week and those aged 15 and up can train up to 5 x/week.

#### Swimming:

Age	Freq/Duration of training
8 to 9	2-3 / week of 45 min
10 to 12	3-5 / week of 60-90 min
13 to 16	5-9 /week of 90-120 min