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## Future Girls: Understanding and Prevention of Injury in Young Athletes

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Overuse stresses leading injury may be caused by any combination of the following:

**☒ Faulty alignment of the lower extremity**

- Over pronation/supination
- Valgus knee (knock knee)
- Poor hip control

**☒ Muscle imbalances or fatigue**

- Weak or fatigued muscles cannot absorb stresses efficiently
- Weakness can lead to poor alignment, especially from the hip
- Tightness can limit normal ranges contributing to the stresses placed on the tissues

**☒ Training errors**

- Too far, too fast
- Running surfaces (indoor/outdoor)
- Inadequate warm up, cool down and stretching

Please feel free to e-mail or call if you have any questions or comments.

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# Basics of Nutrition for Young Athletes

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## What does that mean?

- Exercise breaks the body down
- Recovery builds it up
- ↑Good Nutrition= ↑Faster recovery

## 5 Habits of Good Nutrition

1. Moderation
  - Enjoy foods in the right amount. Portion sizes to avoid under/over eating. Athletes need to consume energy in order to perform.
2. Variety
  - Get benefits from different foods, not just the same ones. Explore!
3. Convenience
  - More convenient to eat, more likely to be eaten! Be practical.
4. Enjoyment
  - Find the food that tastes good that can be a favorite. Enjoy in moderation.
5. Food is Fuel
  - Putting into body, so balance foods for enjoyment with foods you need for sports performance. No magic formula.

## Keys to success!

1. **Choose whole foods**, (avoid processed foods).
  - a. Whole foods= free from additives or artificial substances
  - b. Carries better quality nutrients. Better absorption of nutrients.
2. **Plan ahead and Around Training**
  - a. Snacks avoid overeating large meals.
3. **Try Different Foods, Start early**
  - a. Picky eaters = means more planning (still ok though)
  - b. Add different foods, don't always take away foods. (**Additive vs Subtractive attitude**)
4. **Avoid Refined Sugars and Carbs** (ie. Avoid white bread, pasta, white rice, cookies, candy)
  - a. Causes sudden changes in energy and causes bad inflammation that impairs healing