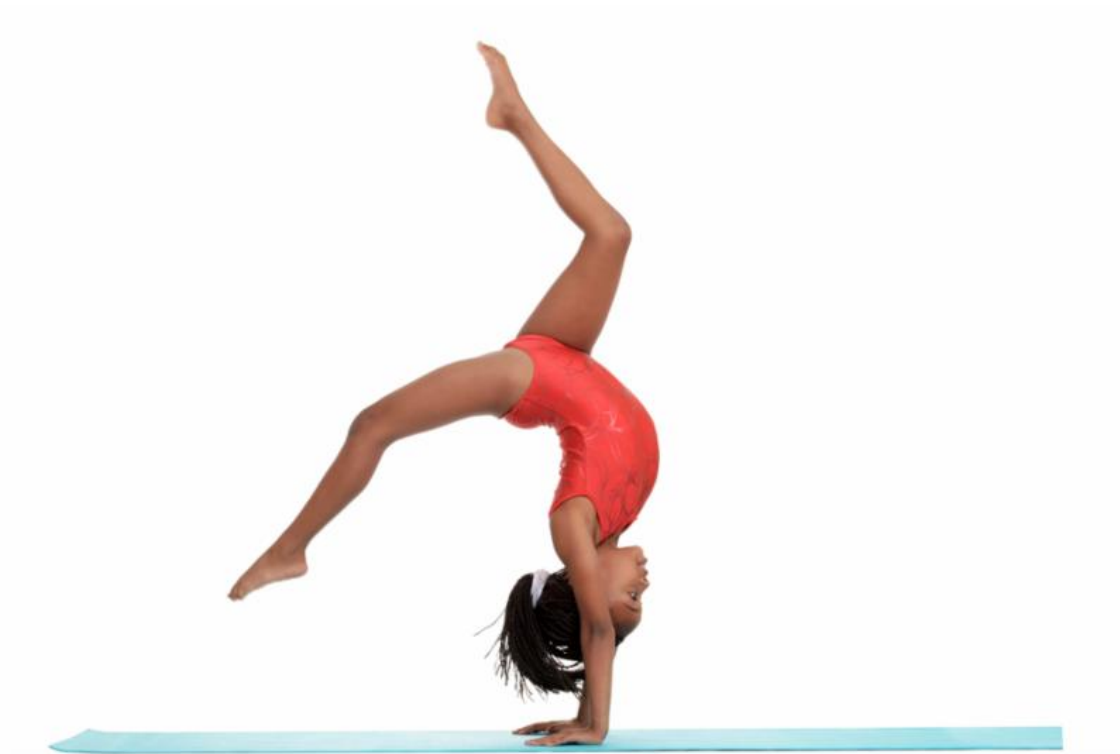


May Newsletter



Welcome to our May newsletter!

Dangers of Overtraining the Youth

In recent times we have seen an increase in number of children aged 18 and below complaining about training related injuries.

As adults we have the capability and physical maturity to work at a higher level of performance - adding miles or lifting weights. But in children there is a very finite difference and this line should not be crossed. Many people we have spoken to including various school PE teachers believe this is not common knowledge.

Bone maturity does not complete until the age of 18 in children and this means that a very fine structure called "GROWTH PLATE" continues to mature until this period. These growth plates can be subjected to undue stress and could damage its development as they are much softer and vulnerable to injury than those in mature bones.

In most girls the growth plate matures around the age of 14 to 16 and in boys around the age of 16 to 18. Damage to a growth plate area can have long-term implications, such as the limb being crooked or shorter than the other. It is important for parents to understand that the paediatric muscular skeletal system cannot train in the same way an adult would train, to get to the next level of performance.

The research in United States has shown that 50 % of all injuries seen in paediatric sports medicine are due to over use. Growth plate fractures happen twice as often in boys as in girls. In many cases appropriate physiotherapy is needed to gradually return them back to an acceptable level of sporting performance with respect to their growth plate maturation.

We at Ealing Physiotherapy takes this issue very seriously and have on numerous occasions advised the parents on training to their child. Many have also been under treatment to gradually get them back to their sports.

Call us on 020 8847 1887 or 0203 795 8856

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