

INJURIES

COMMON INJURIES FOR YOUNG PLAYERS

FACT SHEET

LISTEN UP!

Young players who sustain injuries playing football may not fully recover limiting their ability to engage in exercise and physical activity later in life - therefore an awareness of common injuries and associated risk factors is essential .

COMMON INJURIES

Most common injuries are knee and ankle ligament strains.

1 **2**

*Muscle and tendon strains are less frequent in children.

OVERUSE INJURIES

Overuse injuries are common in youth football as players mature. This could be down to developmental growth lags, where muscles become longer before they get bigger, causing strains on tendons where they attach to growing bones.

COMMON OVERUSE INJURIES:

3

KNEE

4

HEEL

5

LOWER
BACK

6

ELBOW

