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**Everybody's Doing it**  
30-45 million kids ages 6-18<sup>4</sup>

3 

**Aches and Pains**  
4 million injuries annually

4 

Objectives

5 

What Happened?

6 

"Overuse"

7 

**Is it really**  
Overuse?

8 

**Or, is it**  
Under-rest<sup>6</sup>?

9 

**Why rest?**

10 

**Why rest?**

11 

**Why rest?**

12 

**Why rest?**

13 

**Traumatic**

Contact

14 

**Contact - injuries**  
<http://www.d9sports.com/20072008/Football/Recaps/1117CameronRedbank.htm>

15 

**Non-contact**

16 

Stop the Madness!

17 

Prevention

18 

Prevention

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Prevention

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Prevention

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Prevention

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Prevention

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**Let's talk mechanics**

24 

Mechanics

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Mechanics

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Mechanics

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28  Mechanics

29  Mechanics

30  Training

31  Training

32  Training


33  Training

34  Training

35  Training

36  Training

37  Training

38  **References**

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