

## **Overuse in Overdrive: Don't overdo it!**

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

### **BROADCAST SCRIPT**

#### **INTRO:**

NOT ALL SPORTS INJURIES ARE DIRECTLY RELATED TO CONTACT OR FORCE. MANY INJURIES – LIKE OVERUSE – HAPPEN OVER TIME AND WITHOUT PROPER PREPARATION.

#### **TAKE VO**

OVERUSE INJURIES ARE REPETITIVE MICROTRAUMAS FROM USING THE SAME PARTS OF THE BODY... OFTEN WHILE OVERTRAINING. MICROTRAUMAS CAN BE SMALLER TEARS IN MUSCLE FIBERS... STRESS ON A TENDON... OR BONE BRUISING. THE MOST COMMON EARLY SYMPTOMS OF OVERUSE INJURIES ARE PAIN AND INFLAMMATION.

DR. KEITH CORPUS – AN ORTHOPEDIC SPORTS MEDICINE SURGEON WITH OSF HEALTHCARE – HAS SOME GOOD ADVICE ON HOW TO PREVENT OVERUSE INJURIES.

#### **TAKE 25 SECOND SOT**

“Stretch and make sure you’re ramping up into activities slowly. When I’m talking to my post-operation patients or patients with overuse injuries, we have to focus on building back slowly. When people get back into an activity, they want to go 100 miles per hour out of the gates. You have to go a lot slower than you think you should, less weight than you think you should, and a lot less reps than you think you should.”

DR. CORPUS SAYS OVERUSE INJURIES WORSEN EXPONENTIALLY OVER TIME. IF YOU DON'T ALLOW YOURSELF TO REST – YOU CAN END UP WITH LONG-LASTING... CHRONIC HEALTH PROBLEMS. APPLYING ICE TO PAIN AREAS... TAKING AN ANTI-INFLAMMATORY... AND DOING A DIFFERENT PHYSICAL ACTIVITY CAN HELP RELIEVE SORENESS.

#### **VO/SOT #2**

#### **INTRO:**

NOT ALL SPORTS INJURIES ARE DIRECTLY RELATED TO CONTACT OR FORCE. MANY INJURIES – LIKE OVERUSE – HAPPEN OVER TIME AND WITHOUT PROPER PREPARATION.

#### **TAKE VO**

OVERUSE INJURIES ARE REPETITIVE MICROTRAUMAS FROM USING THE SAME PARTS OF THE BODY... OFTEN WHILE OVERTRAINING. MICROTRAUMAS CAN BE SMALLER TEARS IN MUSCLE FIBERS... STRESS

ON A TENDON... OR BONE BRUISING. THE MOST COMMON EARLY SYMPTOMS OF OVERUSE INJURIES ARE PAIN AND INFLAMMATION.

DR. KEITH CORPUS – AN ORTHOPEDIC SPORTS MEDICINE SURGEON WITH OSF HEALTHCARE – SAYS A COMMON THING HE SEES OVERUSE INJURIES FROM IS WEIGHTLIFTING. HE SAYS MINOR SORENESS FROM LIFTING WEIGHTS ISN'T SOMETHING TO BE WORRIED ABOUT... BUT HE SAYS ALLOWING YOUR MUSCLES TO HEAL AFTER A WORKOUT IS VITAL.

### **TAKE 22 SECOND SOT**

“You shouldn’t go back to that activity until the soreness you developed from the first go-around has resolved. If you keep going at it, it’s just going to build inflammation in that muscle group and you’re going to get into the cycle that’s hard to break out of. Certainly, go back to it, go lower weight, lower reps than you think you should, and go less sets than you think you should.”

### **VO TAG**

DR. CORPUS SAYS OVERUSE INJURIES WORSEN EXPONENTIALLY OVER TIME. IF YOU DON'T ALLOW YOURSELF TO REST – YOU CAN END UP WITH LONG-LASTING... CHRONIC HEALTH PROBLEMS. APPLYING ICE TO PAIN AREAS... TAKING AN ANTI-INFLAMMATORY PILL... AND DOING A DIFFERENT PHYSICAL ACTIVITY CAN HELP RELIEVE SORENESS.