

Title: *The Kids Aren't Alright*

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Abstract: A doctor at Children's Hospital Boston, Lyle Micheli believes that three-quarters of the young athletes seeking treatment at the hospital's clinic for kids hurt playing sports have been damaged by doing too much too quickly, often when they were too young. In many cases, the injuries are caused by chronic overuse because the youths have trained and overtrained in their sports until their bodies simply cannot take it anymore. The American Academy of Pediatrics is so worried about overuse injuries that it has issued a policy statement. Micheli and his colleagues are particularly infuriated by the fact that the majority of overuse injuries are easily preventable.

Subject(s): Parents of athletes; Sports for children; Sports/Accidents and injuries

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