Masterclasses

M5.4	Orthopaedic Sports Injuries Revisit	16:15 Convention Hall A

Musculoskeletal Problems Due to Overuse, Overtraining and Overconfidence

Wun YC
Department of Orthopaedics and Traumatology, Tuen Mun Hospital, Hong Kong

Inactivity and obesity are well recognised as a global public health problem and contributing causes of many chronic diseases. There is increasing awareness of the health benefits of sports. In Hong Kong, the number of participants in organised and recreational sports has grown considerably over the last decade. Under the influence of health concern, peer group pressure, popularity of social media, goals of elite-level, potential link to academic opportunity and collegiate scholarships, sports participants commonly shifted the emphasis on competitive success and striving for excellent performance. The unrealistic demand for performance enhancement and training errors predisposed the increasing incidence of overuse injuries.

Overuse musculoskeletal injuries may result in growth-related disorder in child and adolescent athletes. Repetitive microtrauma with insufficient physiological repair and recovery leads to stress fractures of bone, muscle strains and resistant tendinopathy. In fact, the incidence of overuse musculoskeletal injuries well exceeds the number of acute sports injury. The treatment is usually challenging and required multidisciplinary contribution, involvement of coaches and parents sometimes.

Overtraining syndrome is a well-defined clinical entity which is a maladaptive response to training overload and detrimental not only to performance but also general health status. It is seen more commonly as an increasing number of amateur athletes participating in endurance sports.

Overconfidence and premature return to sports after injuries is a major risk factor predisposed to re-injury and permanent physical impairment.

Prevention of overuse sports injury is of paramount importance depends on physical fitness, appropriate training and healthy mindset.