



# 7 COMMON SPORTS INJURIES

# WHAT WE NEED TO KNOW ABOUT PREVENTING AND TREATING THE SEVEN MOST COMMON SPORTS INJURIES

## THE MOST COMMON SPORTS INJURIES ARE STRAINS AND SPRAINS

Sprains are injuries to ligaments, the tough bands connecting bones in a joint. Suddenly stretching ligaments past their limits deforms or tears them.

Strains are injuries to muscle fibres or tendons, which anchor muscles to bones. Strains are called “pulled muscles” for a reason: Over-stretching or overusing a muscle causes tears in the muscle fibres or tendons.

Think of ligaments and muscle-tendon units like springs. The tissue lengthens with stress and returns to its normal length — unless it is pulled too far out of its normal range.

## PREVENTING THE MOST COMMON SPORTS INJURIES

Sometimes preventing common sports injuries is beyond our control, but many times sports

injuries are preventable. Some injuries we bring on ourselves because we’re not conditioned for the activity.

Every workout should start with a gentle warm-up to prevent common sports injuries. Getting warmed up increases blood flow to the muscles, gets you more flexible, and could decrease injuries.

Overuse injuries are common and preventable. Don’t come out and hit the ball for an hour after not playing for a while.

Whether it’s hiking, running, or team sports, do some “pre-participation training” first by lightly working the relevant muscle groups in the weeks before the activity.

Muscle fatigue takes away all your protective mechanisms and really increases your risk of all injuries. You can always come out to play again next weekend — if you don’t get injured today.

## COMMON SPORTS INJURIES - ANKLE SPRAIN

**What it is:** Most athletes have experienced a sprained ankle, which typically occurs when the foot turns inward. This turning, stretches or tears the ligaments on the outside of the ankle, which are relatively weak.

**What you can do:** Compress and ice will help - With an ankle sprain, it’s important to exercise gently to prevent loss of flexibility and strength — and re-injury.

**When to see a doctor:** It’s important to note where the sprain has occurred. A ‘high ankle sprain’ is slower to heal and should probably be seen by a doctor to make sure the bones are ok. One way to recognize a high ankle sprain is that this sprain usually causes tenderness above the ankle.

## COMMON SPORTS INJURIES - GROIN PULL

**What it is:** Pushing off in a side-to-side motion causes strain of the inner thigh muscles, or groin. Hockey, football, rugby, and cricket are common sports with groin injuries.

**What you can do:** Compression, ice, and rest will heal most groin injuries. Returning to full activity too quickly can aggravate a groin pull or turn it into a long-term problem.

**When to see a doctor:** Any groin pull that has significant swelling should be seen early by a doctor.

## COMMON SPORTS INJURIES - HAMSTRING STRAIN

**What it is:** Three muscles in the back of the thigh form the hamstring. The hamstring can be over-stretched by movements such as hurdling — kicking the leg out sharply when running. Sprinting and falling forward while water skiing is another common cause of hamstring strain.



**What you can do:** Hamstring injuries are slow to heal because of the constant stress applied to the injured tissue from walking. Complete healing can take six to 12 months. Re-injuries are common because it's hard for many guys to stay inactive for that long.

**When to see a doctor:** if you have any significant swelling or bruising, you should check in with a doctor.

## COMMON SPORTS INJURIES - SHIN SPLINTS

**What they are:** Pains down the front of the lower legs are commonly called “shin splints.” They are most often brought on by running — especially when starting a more strenuous training program like long runs on paved roads.

**What you can do:** Rest, ice, and over-the-counter pain medicine are the mainstays of treatment.

**When to see a doctor:** The pain of shin splints is rarely an actual stress fracture — a small break in the shin bone. But you should see your doctor if the pain persists, even with rest. Stress fractures require prolonged rest, commonly a month or more to heal.

## COMMON SPORTS INJURIES - KNEE INJURY: ACL TEAR

**What it is:** The anterior cruciate ligament (ACL) holds the leg bone to the knee. Sudden “cuts” or stops or getting hit from the side can strain or tear the ACL. A complete tear can make the dreaded “pop” sound.

**When to see a doctor:** Always, if you suspect an ACL injury. ACL tears are potentially the most severe of the common sports injuries. A completely torn ACL will usually require surgery in individuals who wish to remain physically active.

## COMMON SPORTS INJURIES - KNEE INJURY: PATELLOFEMORAL SYNDROME

**What it is:** Patellofemoral syndrome can result from the repetitive movement of your kneecap (patella) against your thigh bone (femur), which can damage the tissue under the kneecap. Running, volleyball, and basketball commonly set it off. One knee or both can be affected.

**What you can do:** Patience is key. Patellofemoral pain can take up to six weeks to clear up. It's important to continue low-impact exercise during this time. Working out the quadriceps can also relieve pain.

**When to see a doctor:** if you have any significant swelling or bruising, you should check in with a doctor.

## COMMON SPORTS INJURIES - TENNIS ELBOW (EPICONDYLITIS)

**What it is:** Repetitive use of the elbow — for example, during golf or tennis swings — can irritate or make tiny tears in the elbow's tendons. Epicondylitis is most common in 30- to 60-year-olds and usually involves the outside of the elbow.

**What you can do:** Epicondylitis can usually be cleared up by staying off the tennis court or golf course until the pain improves. Using the PRICE therapy can help.

**When to see a doctor:** if you have any significant swelling or bruising, you should check in with a doctor.



## THE PRICE PRINCIPLE FOR TREATING COMMON SPORTS INJURIES

Using the **PRICE** method to treat any common sports injury will help get you back in the game sooner.

First, it's important to know that swelling is a normal response to these injuries. Excessive swelling, though, can reduce range of motion and interfere with healing. You can limit swelling and start healing faster after common sports injuries by using the PRICE principle:

- **P – Protect from further injury**

For more severe injuries, protect the injured area with a splint, pad, or crutch.

- **R – Restrict activity**

Restricting activity will prevent worsening of the injury.

- **I – Ice - not directly but inside some form of wrap.**

Apply ice immediately after a common sports injury. Ice is the miracle drug for sports injuries. It's an anti-inflammatory, without many side effects. Use ice for 20 minutes every one to two hours for the first 48 hours after the injury. Don't use heat during this time — it encourages swelling and inflammation.

- **C – Compression**

Compression with an elastic bandage will help reduce swelling.

- **E – Elevate the injured area**

Elevating the injured area above the heart will also reduce swelling.

Over-the-counter pain relief usually relieves the pain of common sports injuries to a tolerable level. If they don't, it's probably time to see a doctor.

## WHEN TO GET MEDICAL ATTENTION FOR COMMON SPORTS INJURIES

You know you're tough — but you also need to be smart! If you suspect a serious injury, see a doctor.

