

TOP 9 MOST COMMON SPORTS INJURIES

Eating well, keeping yourself hydrated, and stretching before any sporting activity is the best way to prevent these common sports injuries.

SHOULDER INJURIES

can be caused by anything from repetitive motion to falls to sudden force and can result in dislocations, sprains, strains, and fractures.

FRACTURES

occur most often during contact sports and are broken into three categories: simple, complex, and stress fractures.

PULLED MUSCLES

can occur almost anywhere in the body and are often caused by a failure to stretch and warm-up prior to exercising fractures.



TENNIS OR GOLFER'S ELBOW

is caused by repetitive use by the elbow joint and can result in degeneration and tears in the elbow tendons.

ACL TEARS AND STRAINS

occur when the anterior cruciate ligament receives sudden force from jumping, landing, or changing direction.

GROIN PULLS AND HAMSTRING INJURIES

can be caused by quick side-to-side, lateral movement or changing direction too quickly while playing sports.

RUNNER'S KNEE OR PATELLOFEMORAL SYNDROME

happens when the knee joint is overused, putting stress on the tissues under the kneecap.

SHIN SPLITS

are an overuse injury characterized by sharp pains that radiate down the player's legs, often while running.

ANKLE SPRAINS

occur when the joint is twisted or turned too severely and cause result in ligament or tendon tears.



Sports Injuries Facts About

Peipei Pang



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