Common Reasons for Sports Injuries

- Accidents
- Over-use
- Poor training practices
- Improper equipment or use of equipment
- Lack of conditioning
- Inadequate warm-up and stretching

Overstretching, tearing, twisting, or pulling a muscle or tendon can result in pain, bruising, swelling, inflammation, and/or instability of the limb or joint.

Caution!
Have a physician evaluate these types of injuries if the pain is severe or there is acute swelling and/or numbness. Surgery and rehabilitation may be necessary if a ligament is torn or a muscle is ruptured.

How is it treated?
- Rest the injured area.
- Use ice packs and compression (such as an ace bandage) to minimize the swelling.
- Elevate the limb on a pillow.
- Use an over-the-counter pain reliever such as acetaminophen or ibuprofen to minimize the damage.

Find More Information
Mayo Clinic: http://mayocl.in/1cV3FZV
Medline Plus: http://1.usa.gov/Oovk9K