**COMMON INJURIES BY SPORT**

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### TENNIS
- Tennis Elbow
- Rotator Cuff Tears
- Ankle Sprains
- Stress Fractures
- Hamstring Strains
- Blisters
- Knee Injuries
- Carpal Tunnel Syndrome

**PRO TIP:** DRY YOUR RACKET OFTEN TO AVOID Blisters

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### BASEBALL
- Rotator Cuff Tears
- Knee Injuries
- UCL Strains
- Shoulder Instability
- Tennis Elbow
- Muscle Sprains / Strains
- Heat Stroke
- Concussions

**PRO TIP:** SLIDE FEET-FIRST INSTEAD OF HEAD-FIRST

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### SOCCER
- Ankle Sprains
- Achilles Tendinitis
- Groin Pull
- Hamstring Strains
- Muscle Cramps
- Knee Injuries (ACL)
- Head Injuries
- Fractures

**PRO TIP:** WEAR SHIN GUARDS TO PROTECT YOUR LOWER LEGS

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### FOOTBALL
- Concussions
- ACL / MCL (Knee) Injuries
- Shoulder Tendinitis
- Ankle Sprains / Strains
- Shoulder Dislocation
- Tom Hamstrings
- Back Pain
- Meniscus

**PRO TIP:** ALWAYS KEEP YOUR HEAD UP WHEN TACKLING

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### BASKETBALL
- Ankle Sprains
- Muscle Strains
- ACL (Knee) Injuries
- Meniscus Tear
- Jammed Fingers
- Wrist / Hand Injuries
- Achilles Tendinitis
- Deep Thigh Bruising

**PRO TIP:** STRENGTHEN YOUR LEGS TO REDUCE KNEE INJURIES

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### GOLF
- Golfer's Elbow
- Back Pain
- Shoulder Pain
- Knee Pain
- Carpal Tunnel Syndrome
- Rotator Cuff Tendinitis
- Wrist Tendinitis
- DeQuervain's Tenosynovitis

**PRO TIP:** STRETCH YOUR SHOULDERS AND BACK TO WARM UP

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**Sources:**
- [http://www.sportsinjuries.net](http://www.sportsinjuries.net)
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