

COMMON INJURIES BY SPORT

© Mirza Orthopedics



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

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



SOCCER

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

PRO TIP: WEAR SHIN GUARDS TO PROTECT YOUR LOWER LEGS

FOOTBALL

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



PRO TIP: ALWAYS KEEP YOUR HEAD UP WHEN TACKLING



BASKETBALL

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

PRO TIP: STRENGTHEN YOUR LEGS TO REDUCE KNEE INJURIES

GOLF

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



PRO TIP: STRETCH YOUR SHOULDERS AND BACK TO WARM UP

Sources:

<http://blog.uvahealth.com/2013/12/11/sports-injuries-pain-by-the-game-infographic/>
<http://blog.gameready.com/blog/bid/294589/the-8-most-common-football-injuries>
http://www.stopsportsinjuries.org/STOP/Prevent_Injuries/Football_Skating_Injury_Prevention.aspx
<https://www.verywell.com/common-tennis-injuries-3120761>
<http://www.nsmi.org.uk/articles/tennis-injuries.html>
<http://www.sportsinjuryclinic.net/sports-specific/baseball-injuries>
<http://www.sportingnews.com/mlb/news/baseball-injuries-ucl-tommy-john-commotio-cordis-little-leaguer-elbow/ngfo24n119ro18csx7uj41f77>
<https://www.verywell.com/common-soccer-injuries-3120651>
http://www.stopsportsinjuries.org/STOP/Prevent_Injuries/Soccer_Injury_Prevention.aspx
<http://orthoinfo.aaos.org/topic.cfm?topic=A00187>
<https://www.thoughtco.com/common-golf-injuries-1563418>