

Sports Injuries

Sports Injuries are not difficult to prevent, when putting strain on your body whilst playing a sport you are more likely to sustain an injury. Some injuries occur more than others, below is a list of the most common sports injuries:

Ankle sprain

Groin pull

Hamstring strain

Shin splints

Knee injury: ACL tear

Knee injury: repetitive movement of your kneecap against your thigh bone

Tennis elbow

Now there are ways to treat a [sports injury](#), to understand more about this, the following information will try to answer any of your questions.

Most of the above injuries are strains not sprains

Sprains are injuries to the ligaments; they are strong strands connecting joints together. If you stretch the ligaments too quickly which pushes them past their limits, this can result in the tears and deformities in them. Unlike a sprain, a strain is caused by damage to the muscle fibres or tendons; they are seen as the connectors to the muscles.

Prevention

In the majority of cases sports injuries are difficult to prevent completely due to them been out of our control, but in some cases the injuries we sustain are preventable. Most of the common injuries we bring on ourselves, there due to lack of conditioning for the activity, by working out on a daily basis we can reduce the amount of stress on our bodies. As every athlete knows, every workout should start off with a gentle warm-up; this will prepare your body for the sport activity you are planning on doing. According to Wikipedia warming up is usually performed before participating in (technical) sports or exercising. A warm up generally consists of a gradual increase in intensity in physical activity. Take gradual steps to increase your performance, if you have not played a certain sport for a while, don't go out and play it for an hour or more.

Treating injuries

In general the injuries we receive are mild, there is damage there but everything is still in working order. One method of treating these injuries is the PRICE therapy;

P — protect from further injury

R — restrict activity

I — apply ice

C — apply compression

E — elevate the injured area

About the Author

You should however take into consideration that some injuries will take longer to heal than others. In some cases if the entire ligament is torn away surgery may be necessary. I hope this small but concise article about getting [sports injury](#) will help your [sports injury](#) recover quicker.