

Another frequent sport injury is a contusion, or bruise, which occurs when a compression force crushes tissue. In a dislocation, either complete or partial (a subluxation), the joint surfaces come apart.

Bone fractures may be simple or compound. A simple fracture stays within the surrounding soft tissue, whereas a compound fracture protrudes from the skin. Overuse injuries are often the result of repeated microtrauma to the tissues. Examples include stress fractures, tendonitis, and bursitis. One potentially dangerous sport injury is a concussion, an injury to the brain that usually develops from a violent shaking or jarring action of the head.

Fortunately, we can train our bodies to make our tissues stronger and more resistant to deformation.

We can also wear protective equipment, warm up and cool down before and after our activities, and make sure we perform the skill with good form in order to reduce our likelihood of injury.

No matter how hard we try to prevent them, injuries will always occur. The healing process begins immediately after injury and consists of three overlapping phases: the inflammatory response phase, the fibroblastic repair phase, and the maturation–remodeling phase. Many health care professionals have dedicated their lives to help us deal with problems resulting from injury. Doctors and various therapists can take us through treatment and rehabilitation programs that will help us return to our previous activities if not beyond.

Key Words

Anterior cruciate tear

Bending

Bursitis

Complete dislocation

Compound fracture

Compression

Concussion

Contusion

Cryotherapy

Deformation

Elastic region

Fibroblastic repair phase

Inflammatory response phase

Lateral ankle sprain

Lateral epicondylitis

Load

Maturation–remodeling phase

Medial epicondylitis

Partial dislocation

Patellar tendonitis

Plastic region

Positive training effect

PRICE

Proprioception

Rehabilitation

Shear

Shin splints

Shoulder impingement

Simple fracture

Sprain

Strain

Stress

Stress fracture

Subluxation

Tendonitis

Tension

Torsion

Treatment

Ultimate failure

Yield-level point

Discussion Questions

1. Define the load–deformation curve and use it to describe any injury.
2. What is the role of training with respect to injury prevention?
3. Describe the complications associated with pain medication.
4. What is the difference between a sprain and a strain?
5. What should you do immediately after an injury?
6. Compare and contrast a dislocation and a fracture.
7. Name and describe three overuse injuries.
8. What is the difference between bursitis and tendonitis?
9. How do you distinguish between a stress fracture and shin splints?
10. What are the benefits of warming up and cooling down?