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exercise is important to good health but people often get hurt when participating in sports or other physical activities a sports injury involves damage to part of your body due to sports exercise or athletic activities a sports injury can be acute sudden or chronic develop over time sports injuries are injuries that happen when playing sports or exercising find out about the types of injuries what causes them how they are treated there are two kinds of sports injuries acute and chronic whether you re an elite athlete or a weekend warrior if you play sports you ve probably faced an injury at some point common sports injuries include sprains strains swollen muscles shin splints rotator cuff injuries knee injuries fractures and dislocations the most common types of sports injuries include sprains overstretching or tearing the ligaments results in a sprain ligaments are pieces of tissue that connect two bones to one another in a sports injuries johns hopkins medicine home health conditions and diseases sports injuries overview most sports injuries are due to either trauma or overuse of muscles or joints the majority are caused by minor trauma involving muscles ligaments tendons or bones including contusions bruises sprains strains fractures dislocations september 1 2021 common sports injuries like ligament tears or sprains can sideline athletes for weeks or even months often it can seem like elite athletes bounce back quickly from injury 5 min read each year in the u s about 8 6 million people over the age of 5 injure themselves from playing sports about 3 5 million kids and teens get hurt in organized sports you can hurt there are several different types of sport injuries such as fractures sprains strains dislocations tendinitis and bursitis sports injuries may be acute which happen suddenly or chronic which happen from overuse over time sports injuries may be treated by emergency physician and primary care providers some sports injuries result from accidents others are due to poor training practices improper equipment lack of conditioning insufficient warmup and stretching what are sports injuries the term sports injury in the broadest sense refers to the kinds of injuries that most commonly occur during sports or exercise causes of sports injuries may include improper or poor training practices wearing improper sporting gear being in poor health condition improper warm up or stretching practices before a sporting event or exercise common sports injuries include sprains and strains joint injuries knee muscle injuries dislocations fractures achilles abstract injuries can counter the beneficial aspects related to sports activities if an athlete is unable to continue to participate because of residual effects of injury we provide an updated synthesis of existing clinical evidence of long term follow up outcome of sports injuries by far the most common injuries are sprains and strains obviously some sports are more dangerous than others for example contact sports such as football can be expected to result in a higher number of injuries than a noncontact sport such as swimming why do sports related injuries trigger grief though research is limited there is evidence that sidelined athletes experience a range of responses often associated with grief like sadness the new york times athletes and their olympic level fears getting hurt new tricks bad weather uncertainty skiing nearly blind what scares the world s most daring the 8 most common running injuries injury stats runner s knee achilles tendinitis it band syndrome shin splints hamstring injuries plantar fasciitis stress athletic injuries are concerning not only because of the pain and disability from the injury themselves but also because more severe injuries can result in time lost from sport participation school and other important activities for adolescents cnn across the world sports fans are starting to see a trend emerge their favorite athletes are getting injured numerous nba stars have missed playoff games this spring with a variety of news insights injuries among youth athletes are on the rise but why ucla health s dr kristofer jones explains the trend and its link to sports specialization march 31 2021 by chayil champion 5 min read for professional athletes sports injury has been considered one of the most influential factors determining their athletic careers duration and quality high intensity training and competitiveness of the sports competition are perhaps critical causes of sports related stress when student athletes sustain significant injuries such as knee injuries associated with time loss from sport they can suffer both physically as well as emotionally with a decrease in their quality of life

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