

## Definition: Sports Injuries

Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue (ligaments, muscles, tendons).



## Sports Injuries in Contact vs Non-Contact Sports

There's a big difference between injuries in contact and non-contact sports. Contact sports are sports like hockey, football, soccer, rugby. Non-contact sports include skating, track and field, tennis, golf, and swimming.

In contact sports injuries are more unpredictable and are often caused by contact between the players (and in hockey between the players and the boards). Injuries can happen anywhere, severity is dependent on the force of the impact, the size of person that hits you and how you were hit.

Non-contact injuries (in sports such as running) are caused by different factors like poor warm-up and cool-down, insufficient stretching, inadequate training techniques, substandard equipment and nutrition.

Causes and prevention are closely linked when looking at the injuries we sustain. There are a few causes we could avoid/eliminate in most sports, especially non-contact sports. Proper training techniques, warm-up and cool-down, nutrition, use of proper equipment, and full recovery from illness can help to significantly reduce injuries.

What are the warning signs of an injury?

1. Inflammation, redness, swelling, heat
2. Pain during and following activity.
3. Reduced range of motion.
4. Pain not relieved with rest.
5. Excessive fatigue.

With any of the above warning signs, a professional should look at the injury.

What should you do when you get injured? Initially RICE (Rest, Ice, Compression, Elevation), see your doctor or go to the emergency room if you feel it is more serious or broken. Follow up by seeing your physio and continuing with RICE.

Starting a rehab program early is important. The longer you wait the more likely it is you will experience weakness, slower healing and the amount of time you have to wait before returning to the sport you love will be substantially increased.

## Sports injuries that carry the name of the sport or action that caused them

- Tennis elbow
- Tennis toe
- Rower's shoulder
- Rower's elbow
- Pitcher's arm
- Jumper's knee
- Skier's heel
- Skater's ankles
- Bowler's thumb (cricket)
- Bowler's hip
- Surfer's knee
- Soccer knee
- Little league shoulder
- Runner's cramp
- Runner's knee
- Swimmer's wrist
- Baseball finger
- Dancer's knee
- Golfer's hip
- Golfer's elbow



## *In Motion... Open House Series*

A monthly series of educational interactive workshops offered by the VPhysio clinic, appropriate for all ages.

This is a free service available to all, that discusses a variety of topics relating to healing and prevention.

Visit [www.vphysio.com](http://www.vphysio.com), or contact the clinic, for dates and topics of coming workshops.

Everyone welcome. Look forward to seeing you there.

### **VPHYSIO**

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## **Staying on Your Feet**

Ankle sprains are one of the most common injuries in North America. Ankle sprains can result from sports, recreational activities, or from losing your footing on uneven pavement or stairs. Approximately 85% of ankle injuries are sprains, which affect 1 in 320 Canadians.

Ankle sprains stretch and tear ligaments, and in some cases will also damage tendons and muscles around the area. There are a number of factors that make you more likely to sprain your ankle.

- poor rehabilitation of a previous sprained ankle
- poor proprioception (balance)
- weak muscles (not strong enough to prevent sprains)
- some ankles roll too easily
- a combination of the above

A number of things can be done to prevent ankle sprains, reduce instability, and improve recovery time. Consult your physiotherapist for more information, or to discuss an exercise program that is right for you.

### **From Dick's Kitchen**

#### **Dutch Egg Pancakes**

1 cup flour  
salt  
2 large eggs (or 3 medium – ½ cup)  
1 cup milk  
butter or margarine

Put flour and salt in a bowl. Make a well. Beat eggs with half of milk, and add to well. Mix until smooth. Add the rest of the milk. Melt butter in skillet (enough to coat). Pour a small amount of batter in the middle of the pan, and spread out thinly and evenly. When the pancake batter is no longer runny on the top and starts to form small holes, flip the pancake. They should be golden brown on both sides.

Pancakes can be served for breakfast (lay apple slices or bacon in the pan and pour batter over for something different), filled with bolognaise or béchamel sauce and baked in the oven for dinner, or served with ice cream or fruit as a dessert crêpe.

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