



## SPORTS INJURIES

### WHAT ARE SPORTS INJURIES?

Sports injuries are injuries acquired during sports-related activities and exercise. They can be caused by factors such as: accidents, poor conditioning, improper equipment, lack of training and inadequate stretching beforehand.

### WHO IS AT THE GREATEST RISK?

**Children/Adolescents** are more prone to injuries because their bones, muscles, ligaments and tendons are still growing. **Adult athletes** obtain sports injuries because their bodies are not as tough as they were when they were younger. **Women** are more prone to sports injuries because of their hormone levels and susceptibility to diseases such as osteoporosis (loss of bone mass).

### COMMON SPORTS INJURIES:

- Sprains
- Strains
- Tendon injuries
- Fractures
- Dislocations

### ACUTE VS. CHRONIC INJURIES:

Sports injuries are generally classified as acute or chronic, depending on the severity of the injury.

**Acute injuries** include sprains, strains and fractures. They occur suddenly and include some of the following symptoms: sudden pain, swelling, tenderness, inability to move and visible dislocation/fractures.

**Chronic injuries** generally occur from overusing a particular body part for a long period of time. Symptoms of chronic injuries include: pain each time activity is performed with a particular body part, pain when resting and noticeable swelling.

### WHAT TO DO IF YOU SUFFER AN INJURY:

Stop the sport or exercise you are participating in because additional activity can cause further damage. Unless you have an obvious dislocation or fracture, try treating your injury with ice, elevation and plenty of rest. If your symptoms are still persistent, you should seek medical attention.

### IMPORTANCE OF BICYCLE SAFETY

Bicycling is a popular sports activity. While it is fun, it can also be very dangerous if precautions are not taken. Every year, many children and adults make visits to the emergency room due to biking accidents. People can acquire serious head injuries and even die from bicycle-related incidents.

### LET'S TALK ABOUT HELMETS

The best way to stay safe is by wearing a helmet each time you ride your bicycle.

#### GENERAL HELMET RULES:

- Should fit your head properly.
- Should be snug and secure.
- Straps should always be fastened.

### MAKE YOURSELF VISIBLE

In order to help other people on the road see you, make sure to always wear bright colors and reflectors. The more visible you are, the less likely you are to be hit!



## Did you Know?

About 540,000 bicyclists visit emergency rooms with injuries every year. Of those, about 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized. *Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases*