

Sport and exercise can sometimes cause injuries. Sports injuries can happen as a result of not warming up properly before exercising more vigorously, pushing too hard for your current level of fitness, or using inadequate equipment.

Sport injuries can be acute or chronic. Acute sports injuries occur as a result of a sudden impact or awkward movement. Examples include a cut to the skin or a sprained ankle. Chronic sports injuries develop over time, often due to continual use of the same joints or muscle groups.

Chronic sports injuries can occur due to bad technique or occasionally structural abnormalities, such as an inherited bone or muscle problem.

Chronic sports injuries should be investigated to determine the cause and to prevent the injury getting worse.

Some of the more common sports injuries include:

- Ankle Sprain
- Achilles Tendonitis
- Back Pain
- Groin Strain
- Hamstring Strain
- Knee Joint Injury
- Runner's Knee
- Shin Splints
- Shoulder Injury
- Stress Fracture
- Tennis/Golf Elbow

The following Link gives further information on Sports Injuries.

[http://www.niams.nih.gov/Health\\_Info/Sports\\_Injuries/default.asp](http://www.niams.nih.gov/Health_Info/Sports_Injuries/default.asp)