

Common Sports Injuries Questions

1. How do ligaments differ from tendons?

2. How is a sprain different from a strain?

Ankle Injuries

3. What is an inversion ankle sprain?

Describe an avulsion fracture.

Describe the different degrees of ankle sprain:

1st degree:

2nd degree:

3rd degree:

What does the acronym RICE stand for?

R

I

C

E

Knee Injuries

Describe a knee sprain.

What will a doctor recommend to treat a knee sprain?

What is a meniscus?

What is arthroscopic surgery?

Why are children less likely to get a knee sprain?

Who has a greater likelihood of an ACL injury, men or women? How much greater?

Tell what each of the following knee ligaments stand for and their function:

ACL:

LCL:

MCL:

PCL:

Common Sports Injuries Continued

Shoulder Injuries

What is the function of the Rotator Cuff?	What 4 muscles make up the Rotator Cuff?
The acromion on the scapula (shoulder blade) is the point of attachment for what muscle?	What is the name of the joint formed by the acromion (shoulder blade) & clavicle (collar bone)?
What is a bursa?	From your own conclusions, name a couple of ways one may get Impingement Syndrome
What are some extrinsic factors that may cause harm to the Rotator Cuff?	What are some intrinsic factors that may cause harm to the Rotator Cuff?
What is the tenoperiosteal junction and why is it significant to the Rotator Cuff?	For what 3 reasons is a tendon tear to the Rotator Cuff not likely to heal?
What sports/activities would a person with a Rotator Cuff problem NOT be able to do without pain?	Why wouldn't an X Ray show the Rotator Cuff? (Think!) ☺
What information can one receive from an X Ray?	Why is an MRI better for evaluating one's Rotator Cuff?
What is the standard course of treatment for most less severe Rotator Cuff problems?	For individuals getting cortisone shots, what maximum number of shots are recommended? What risks are possible if cortisone shots are given in excess?
Compare incision sizes of traditional open surgery methods to the high tech arthroscopic technique.	After having Rotator Cuff surgery, what activities can resume at the following milestone dates: 1-2 Weeks 2 Months 4 Months 5-6 Months