

Common athlete's injuries: Diagnosis and treatment.

Kristan Thronog*

Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Sports Orthopedic Research Center - Copenhagen (SORC-C), Hvidovre, Denmark

Introduction

Athletes are at an increased risk of developing injuries due to the physical demands of their sport or exercise regimen. While the types and severity of injuries can vary, there are some common injuries that athletes may experience. A sports injury can be caused by an accident, impact, poor training practices, and improper equipment, lack of conditioning, or insufficient warm-up and stretching. Muscle sprains and strains, tears of the ligaments and tendons, dislocated joints, fractured bones, and head injuries are common. While joints are most vulnerable to sports injuries, any part of the body can get hurt on the court or field. Here is a closer look at common injuries for different parts of the body [1].

Here are some examples of common athlete's injuries, as well as their diagnosis and treatment options:

- 1. Sprains and strains:** It occurs when ligaments or muscles are stretched or torn. These injuries can be diagnosed through physical examination, and imaging tests such as X-rays or MRI may be used to determine the severity of the injury. Treatment options may include rest, ice, compression, and elevation (RICE), as well as physical therapy to improve strength and flexibility.
- 2. Fractures:** Fractures are breaks in bones, and they can be caused by direct trauma or overuse. They are typically diagnosed through imaging tests, such as X-rays or CT scans. Treatment options may include immobilization with a cast or brace, as well as surgery in severe cases.
- 3. Tendinitis:** Tendinitis is inflammation of a tendon, which can cause pain and limited range of motion [2]. It is typically diagnosed through physical examination and imaging tests, such as ultrasound or MRI. Treatment options may include rest, ice, physical therapy, and in some cases, corticosteroid injections.
- 4. Concussions:** Concussions are a type of traumatic brain injury caused by a blow to the head. They can be diagnosed through physical examination and imaging tests, such as CT scans or MRI. Treatment options may include rest, avoiding physical activity, and in some cases, medication for pain or other symptoms.
- 5. Dislocations:** Dislocations occur when bones are forced out of their normal position. They are typically diagnosed through physical examination and imaging tests, such

as X-rays or CT scans. Treatment options may include manipulation of the joint to return it to its normal position, as well as immobilization with a cast or brace.

Diagnosis

Diagnosing a running injury can be challenging, as the symptoms can be vague and may mimic other conditions. However, a trained medical professional, such as a sports medicine doctor or physical therapist, can help to identify the source of the pain and develop an appropriate treatment plan [3]. In some cases, imaging tests such as X-rays or MRIs may be necessary to confirm a diagnosis. However, these tests are not always required, and a skilled medical professional can often diagnose a running injury based on the symptoms and a physical examination.

Treatment

The treatment of a running injury will depend on the specific injury and its severity. In some cases, rest and ice may be all that is required to alleviate symptoms and promote healing. However, in more severe cases, physical therapy, medication, or even surgery may be necessary [4]. Physical therapy is a common treatment for running injuries, as it can help to improve range of motion, reduce pain, and strengthen the affected area. A physical therapist can also help a runner to identify any weaknesses or imbalances that may be contributing to the injury, and develop an appropriate exercise program to address these issues [5].

Prevention

Prevention is always better than treatment when it comes to running injuries. Some strategies for preventing running injuries include:

- Gradually increasing running distance and intensity
- Wearing appropriate footwear
- Incorporating strength training and cross-training into your exercise regimen
- Proper warm-up and cool-down routines

Conclusion

Running injuries can be frustrating, but with the right diagnosis and treatment, most runners can return to their training and competition. If you are experiencing pain or discomfort while running, don't ignore it. Seek out the help of a medical

*Correspondence to: Kristan Thronog, Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Sports Orthopedic Research Center - Copenhagen (SORC-C), Hvidovre, Denmark, E mail: kristan.thronog@regionh.dk

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professional, who can help you to identify the source of the pain and develop an appropriate treatment plan. By taking a proactive approach to injury prevention and treatment, runners can continue to enjoy the sport they love for years to come.

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