Common Sports & Exercise Injuries (And How to Prevent Them)

Regular physical activity is one of the very best things you can do to maintain and improve your health. It controls weight and reduces your risk of developing heart disease, some cancers and even diabetes. However, there are risks associated with any exercise. NorthShore University HealthSystem explores some common sports injuries and provides helpful tips for prevention and treatment. Get fit and stay safe!

Common Athletic Injuries

- **Sprains**: Occur when the ligaments that stabilize joints are stretched beyond their limit. R.I.C.E.
- **Strains**: Occur when muscles are stretched or torn. R.I.C.E.
- **Bruises**: Occur when blood vessels are damaged. R.I.C.E.
- **Dislocations**: Occur when a bone is forced out of its socket. Seek medical attention immediately.
- **Tendinitis**: Occur when tendons are irritated. Rest, ice, compression, and elevation (R.I.C.E.).
- **Bursitis**: Occur when the sacs that reduce friction between bones and tendons are inflamed. Rest, ice, compression, and elevation (R.I.C.E.).
- **Arthritis**: Occur when joints become inflamed. Rest, ice, compression, and elevation (R.I.C.E.).

Prevention & Treatment

- **R.I.C.E.**
  - Rest the injured body part for at least 24 hours.
  - Ice: Apply packs to the injured area for roughly 10-20 minutes every hour for the first 4 hours.
  - Compression: Apply an elastic bandage. Keep it compressed for 48 hours.
  - Elevate the injured area by wrapping it with an elastic bandage. Keep it elevated as much as possible.

**Check with your healthcare provider before starting any exercise program.**

Stay Hydrated

**Before**

Drink 8oz.

**During**

Drink 16oz. every 10-20 mins.

**After**

Drink 8oz.

R.I.C.E.

STOP

For minor and minor sports injuries like sprains, strains, and bruises,

1. **Stop** activity immediately.
2. **Rest** the injured body part for at least 24 hours.
3. **Ice**: Apply packs to the injured area for roughly 10-20 minutes every hour for the first 4 hours.
4. **Compression**: Apply an elastic bandage. Keep it compressed for 48 hours.
5. **Elevate**: Apply an elastic bandage. Keep it elevated as much as possible.

**If the brick pattern**

- Rest
- Ice
- Compression
- Elevate

**For injuries and pain lasting more than a week**

If you’re concerned or pain is severe, seek medical attention immediately.