

Cause and Effect

All people who do some type of activity during their everyday life will eventually get hurt. Now whether it is an athlete of some sort, if it has to do with where and what one does at work or even an elderly person, accidents are prone to happen. Athletes get injured every day and their rehabilitation period is some of the most important times of their season. There are so many different types of injuries that athletes could go through; however, the top three most common injuries they go through are “Stress Fractures,” “Ankle Sprain” and “Achilles Tendinitis” (Mathews, 2013).

Stress fractures are injuries caused from overuse. Although fractures are bones breaks, stress fractures are when muscles become tired and “are unable to absorb added shock.” When the time comes and the muscles are extremely tired, stress causes the certain bone to get a “tiny crack” called a stress fracture. There are many different causes of a stress fracture. When one goes through a stress fracture, it’s because the “intensity” of an activity has increased “too rapidly.” Another cause of this injury can be from the “impact of an unfamiliar surface, improper equipment, and increased physical stress.” For example, if a basketball player goes from playing on black asphalt to an indoor gym with hardwood, then that is a surface that is new to them which may cause a stress fracture. If a track star uses worn shoes or shoes that don’t successfully support his feet, then a result can be a stress fracture. A football player that has never really gotten any playing time and then all of a sudden get a surprising amount of playing time can cause a stress fracture because they aren’t used to getting the large amount of playing time. The location of stress fractures is more than 50% likely to be in the lower leg due to the many sports that require leg movement (Surgeons, 2007).

The second most common sports injuries are ankle sprains. Ankle sprains are very common injuries, that about “25,000 people experience” each day. Although ankle sprains can happen to athletes and non-athletes, this injury mainly does happen to athletes. A sprain occurs when the ligaments of a joint stretch beyond their normal range. An ankle sprain can happen when the “foot twists, rolls or turns beyond its normal motions.” Another way that an ankle sprain can occur is when there is a “great force” when landing. There are different levels of ankle sprains. Regular sprains are rather easy to bounce back from; however, the worse the sprain, the harder it will be to heal. There are three levels that determine the severity of the ankle sprain. The three different levels are labeled as “Grade 1,” “Grade 2” and “Grade 3.” A grade 1 sprain is when there is “slight stretching” and “some damage” to the fibers of the ligament. For a grade 2 ankle sprain, there is “partial tearing of the ligament” and if the joint of the ankle is looked at and moved in certain directions, then “abnormal looseness (laxity) of the ankle joint occurs.” The last and most severe type of ankle sprain is the grade 3 one. In the grade 3 ankle sprain one will have experienced a “complete tear of the ligament” and if an examiner “pulls or pushes” on the ankle joint in certain ways, “gross instability occurs” (Surgeons, Sprained Ankle, 2012).

The third most common injury that occurs in athletes is the Achilles tendinitis. When one has Achilles tendonitis, it causes them to have pain along the back of the leg going towards the heel of the foot. The Achilles tendon is the “largest tendon in the body” and it attaches the calf muscles to the heel bone of the foot. The Achilles tendon is used in everyday actions, like walking, running, and jumping. This tendon is made for surviving through running and jumping, it can also be open to “tendinitis, a condition associated with overuse and degeneration.” Tendinitis is when the tendon of a body part is inflamed and inflammation is the “body’s natural response to injury or disease” that can often cause “swelling, pain, or irritation.” Although many

injuries are related to other injuries, Achilles tendinitis is not related to any specific injuries. The problem is usually a result of “repetitive stress to the tendon.” A lot of the time that this happens in when one pushes their body to do “too much, too soon,” but other issues can contribute to the development of tendinitis. There are about three other causes that could possibly be why one is diagnosed with Achilles tendinitis. One reason is that there might be a sudden increase in the amount of “intensity of exercise activity.” For example if one were to increase the distance they run by a couple of miles every day that they run, they aren’t allowing their body to adapt to the new regimen. Another reason that one might get Achilles tendinitis is that they have “tight calf muscles.” When one has, tight calf muscles and they decide to start working out aggressively; it puts “extra stress on the Achilles tendon.” The last reason to possibly getting Achilles tendinitis, are bone spurs. Bone spurs are “extra bone growth” where the Achilles tendon connects to the heel bone. When the bone spurs are activated, it causes the heel bone to “rub” against the tendon and cause pain (Surgeons, Achilles Tendinitis, 2010).

There could be various causes as to why one got injured. For athletes especially, the chances of experiencing some type of injury are extremely high. The top three most common injuries within athletes are stress fractures, ankle sprains, and Achilles tendinitis. Everyday athletes are facing injuries and a way that they could possibly heal is by going to physical therapy. Physical therapy is an in demand occupation for so many reasons; hence, athletes that are getting injured. All types of people could use physical therapy to their advantage and injuries are just the beginning.

Works Cited

Mathews, L. (2013). *The 3 Most Common Endurance Sports Injuries and How to Treat Them*.

Retrieved October 23, 2013, from Breaking Muscle:

<http://breakingmuscle.com/endurance-sports/the-3-most-common-endurance-sports-injuries-and-how-to-treat-them>

Surgeons, A. A. (2007, October). *Stress Fractures*. Retrieved October 23, 2013, from

<http://orthoinfo.aaos.org/topic.cfm?topic=a00112>

Surgeons, A. A. (2010, June). *Achilles Tendinitis*. Retrieved October 23, 2013, from

<http://orthoinfo.aaos.org/topic.cfm?topic=a00147>

Surgeons, A. A. (2012, September). *Sprained Ankle*. Retrieved October 23, 2013, from

<http://orthoinfo.aaos.org/topic.cfm?topic=a00150>