Sports-related Injuries

**Overuse Injury:**

Injury from repeated use or excessive overload

**Micro trauma:**

Injury not recognized that becomes worse as a person continues working out on it (shin splints)

**Muscle Cramp:**

Sudden tightening of a muscle (caused by fatigue and dehydration)

**Muscle Strain:**

Overstretching of a muscle that can result in tearing

**RICE treatment:**

Rest, Ice, Compression, Elevation

**Side Stitch:**

Dull-sharp pain in side of lower abdomen

**Sprain:**

Partial or complete tearing of a ligament

**Stress Fracture:**

Hairline break caused by repeated motions or pounding

**Tendonitis:**

Inflammation of a tendon

**Weather Related Concerns:**