



INJURIES OF THE LOWER LIMB

A GENERAL OVERVIEW

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DEFINING INJURIES

“Sports injuries” are injuries that happen when playing sports or exercising. Some are from accidents. Others can result from poor training practices or improper gear. Some people get injured when they are not in proper condition.

Injuries are classified as acute, sub-acute or chronic. An acute injury is one which has a direct cause – such as twisting an ankle while running. A chronic injury is one which has not recently occurred but which niggles – perhaps even for years.

It is vital to seek treatment for acute injuries in order to prevent them becoming chronic, at which stage it is likely that treatment will be prolonged, and full recovery cannot be guaranteed.

ANKLE

Ankle sprains, calf strains and Achilles tendonitis are the most frequently seen sports-related injuries of the lower leg. These can be frustrating as they can result in missed training sessions, and can become chronic concerns if not treated appropriately.



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Ankle sprains usually occur as a result of a sudden twisting or rolling action of the ankle and this can be from either contact (tackles) or non-contact situations. The most common structures that are damaged in sprained ankles are the lateral ligaments (which join bone to bone) on the outside of the ankle, however tendons (join muscles to bone), muscles, nerves and bones can also be injured.

KNEE



Your knee is a complex joint with many components, making it vulnerable to a variety of injuries. The knee is the largest joint in the body, and it is made up of four main things: bones, cartilage, ligaments, and tendons. The most common knee injuries include fractures around the knee, dislocation, and sprains and tears of soft tissues, like ligaments. In many cases, injuries involve more than one structure in the knee. Pain and swelling are the most common signs of knee injury. In addition, your knee may catch or lock up. Many knee injuries cause instability — the feeling that your knee is giving way.

HIP

Labral tears and stress fractures are two of the most common injuries to the hip. Athletes in certain sports are particularly prone to hip injury, especially those involved in track or other running sports, soccer and dancing

WHEN SHOULD I SEEK TREATMENT?

- If you have any of the following symptoms, it is advisable to seek medical treatment:
 - The injury causes severe pain, swelling, or numbness
 - You can't put any weight on the area
 - An old injury hurts or aches
 - An old injury swells
 - The joint doesn't feel normal or feels unstable.

Book an appointment:

Physiodynamix, Cramerville Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Open from: **7am to 5.30pm**

Telephone: **011 706 7433**