

COMMON INJURIES

Lower Leg

Medial/Posterior Tibial Stress Syndrome (Shin Splints)

- The most common cause of leg pain in athletes
- Medial/posterior tibial stress syndrome is an overuse injury of the anterior/posterior tibial tendon

Mechanism of Injury

- Biomechanical deficits²
- Anatomical abnormalities: flattened arches or prolonged pronation²
- Muscle fatigue^{1,2} and weakness¹
- Training errors: training on hard surfaces or increasing load too quickly^{1,2}
- Quality and condition of footwear^{1,2}
- Repetitive overuse^{1,2}

Common Signs and Symptoms

- Pain at the beginning of an exercise session that subsides as activity continues^{1,2}
- Pain returns following completion of exercise session^{1,2}
- Pain typically runs the span of the posteromedial tibial border²
- Painful upon palpation over medial and distal posteromedial border²

Knee

Anterior Cruciate Ligament Sprain/Tear

- An injury due to an external force causing an anterior displacement of the tibia relative to the femur from a noncontact-related rotational injury or hyperextension of the knee²
- Athletes who participate in physically demanding sports with pivoting motions like soccer, football, and basketball are more likely to injure their anterior cruciate ligaments