

Level 5 Sports injuries

Ankle/foot/lower leg

Sprains: Anterior talofibular ligament, calcaneofibular ligament, posterior talofibular ligament, medial ligament • Ankle hyperflexion or hyperextension injuries • Syndesmosis injury (high ankle injury)

Strains: Peroneal tendon *dislocation* • Gastrocnemius strain • Soleus strain • Achilles tendon rupture • Achilles tendinitis

Neurological injuries/soft tissue dysfunction • Tarsal tunnel syndrome • Entrapment of medial calcaneal nerve • Morton's neuroma • Common peroneal nerve injury

Fractures of the ankle region • Osteochondritis dissecans of the talus • Stress fractures: calcaneus; navicular; metatarsals • Fractures of talus, calcaneus and metatarsals • Stress fractures to tibia and fibula • Medial tibial stress syndrome (shin splints)

Soft tissue dysfunctions: Tibialis posterior syndrome • Calcaneal bursitis • Plantar fasciitis • Compartment syndromes • Intermuscular and intramuscular haematoma • Tibialis anterior syndrome •

Postural dysfunctions: Pes planus • Pes cavus • Hallux valgus • Hammer toe • Hallux rigidus

Thigh/knee

Sprains: Ligament sprains: medial collateral, lateral collateral, anterior cruciate, posterior cruciate

Strains: Quadriceps strains • Hamstring strains

Fractures: Patello-femoral pain syndrome (chondromalacia patellae) • Patella dislocation • Patellar tendon injury • Osgood-Schlatter's disease • Patellar fractures • Osteochondritis dissecans

Joint injuries: Meniscal tears • Articular cartilage injuries

Soft tissue dysfunctions: Bursitis • Baker's cyst • Ilio-tibial band syndrome

Postural dysfunctions: Tibial rotation

Level 5 Sports injuries

Hip region

Strains: Adductor strains • Ilio-psoas (flexor) strain • Strain to upper rectus femoris
• Inflammation and strain to abdominal muscles

Neurological injuries/soft tissue dysfunction: Sciatica • Femoral neuropathy •
Obturator neuropathy

Fractures: Osteoarthritis • Hip dislocation • Fractures to neck and shaft of femur •

Joint injuries: Sacroiliac inflammation and dysfunction • Osteitis pubis • Perthes' disease

Soft tissue dysfunctions: Inguinal hernia • Piriformis syndrome • Trochanteric bursitis

Shoulder region

Sprains: Acromioclavicular injury • Sternoclavicular injury

Strains: Rotator cuff tears • *Dislocation of long head of biceps muscle (?)* • Pectoralis major rupture • Rupture to long head of biceps • Rupture of triceps tendon

Neurological injuries/soft tissue dysfunction: Suprascapular nerve • axillary nerve • long thoracic nerve • Axillary nerve palsy

Fractures and joint injuries: Shoulder dislocation • Glenoid labrum tear • Subacromial bursitis • Impingement syndrome •

Elbow injuries

Strains: Lateral epicondylitis • Medial epicondylitis •

Neurological injuries/soft tissue dysfunction: Entrapment to radial, ulnar and median nerves •

Fractures and joint injuries: Elbow dislocation • Osteochondritis dissecans
• Fractures: distal humerus (supracondylar fracture); head of radius; olecranon fracture

Soft tissue dysfunctions: Olecranon bursitis

Level 5 Sports injuries

Wrist and hand injuries

Sprains: Ulnar collateral ligament rupture

Strains:

Neurological injuries/soft tissue dysfunction: Carpal tunnel syndrome • Ulnar neuritis •

Fractures and joint injuries: Colles' fracture • Scaphoid fracture • Lunate dislocation • Perilunar dislocation • Scaphoid and lunate separation • Kienböck's disease (*Ischemic necrosis of the lunate bone*) • Fracture to the hook of hamate • Metacarpal fractures • Mallet finger • Finger-dislocations •

Soft tissue dysfunctions: De Quervain's disease • Infections to the fingers and palms • Dupuytren's contracture • Volkmann's contracture

Back and neck

Sprains: Ligament sprains •

Strains: Muscle strains •

Neurological injuries/soft tissue dysfunction: Brachial plexus lesions • Spinal stenosis • Radiating pain and/or parasthesia on objective testing • Aggravated by objective testing • Does not fit a specific peripheral nerve pattern • Always refer with positive SLR slump

Fractures and joint injuries: Spondylolysis • Spondylolisthesis • Intervertebral disc prolapse • Sciatica • Facet syndrome

Soft tissue dysfunctions: Torticollis •

Postural dysfunctions: Scoliosis • Kyphosis • Lordosis • Ankylosing spondylitis •

• Bechterew's disease • Scheuermann's disease