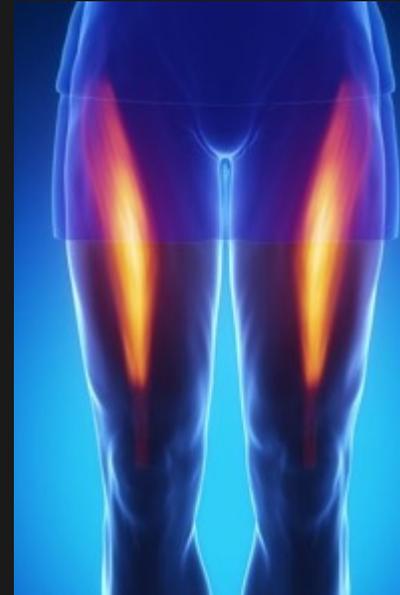


# Sports Injuries Part 2



(Sportske povrede – 2. deo)

Some of the common injuries experienced by athletes and people who have jobs or hobbies that involve doing a **repetitive motion** include **shoulder, elbow, knee, leg, and ankle injuries**.



## Shoulder Injuries



- **Rotator cuff injury** (povreda rotatorne manžetne). The rotator cuff is a group of four muscles and tendons that stabilize the shoulder joint. These are the most common shoulder injuries. They are common in athletes who repeatedly reach upward, such as throwers, tennis players and swimmers.
- **Impingement** (uklještenje). This happens when the top of the shoulder blade puts pressure on the soft tissues beneath it when the arm is lifted. Repeated overhead movements, such as those used by swimmers, increase the risk of impingement.

## Elbow Injuries



- **Tennis elbow** (*lateral epicondylitis*) (**teniski lakat**). When you play tennis or other racket sports, the tendons in the elbow can develop small tears and become inflamed, causing pain on the outside of the elbow. Painters, plumbers, carpenters, and others who repetitively use their **forearms** (**podlaktice**) are also at higher risk of getting tennis elbow.
- **Golfer's elbow** (*medial epicondylitis*) (**golferski lakat**). This is a form of tendinitis that causes pain in the inner part of the elbow. Pain may spread to the forearm and wrist. Golfers and others who repeatedly use their wrists or **clench** (**stisnuti u pesnicu**) their fingers can develop it.

# Knee Injuries



- **Runner's knee** (trkačko koleno). Also called jumper's knee or patellofemoral pain syndrome, this condition causes pain or **tenderness** (osetljivost) close to or under the kneecap (patella) at the front of the knee. It is common in runners and sports involving running, but it also affects people who are active in other ways, such as those who hike or cycle.
- **Dislocation** (iščašenje). A large impact to the knee can cause the kneecap to be **forced from** (silom izbačena iz) the **groove** (žleb) in the thigh bone (femur) and **pushed out of alignment** (izbačena iz svog položaja).
- **Torn ligament** (pokidan ligament). When the knee is over-extended or twisted, the ligaments within it can tear. **Anterior cruciate ligament (ACL)** (prednji ukršteni ligament) injuries are especially common in athletes. They often happen when the person changes direction suddenly or lands from a jump.
- **Meniscal tear** (pucanje meniskusa). Meniscal cartilage (hrskavica) serves as a **shock absorber** (apsorber/ublaživač udarca) in the knee. They are commonly torn when the knee suffers a sprain or complete tear of the knee ligaments.

## Leg Injuries



- **Groin strain** (*istegnuće prepone*). Quick **side-to-side** (*bočni*) motions can strain the muscles of the inner thighs and lead to a groin strain. People who play sports such as hockey, football/American football, and baseball have a higher risk of groin strains.
- **Hamstring strain** (*istegnuće zadnje lože*). Three muscles **run along** (*prostirati se duž*) the back of the thigh and form the hamstring. Activities that involve a lot of running, jumping, and sudden starts and stops place you at risk of a hamstring strain. Basketball and football players, as well as dancers, commonly get them.
- **Shin splint** (*sindrom trkačke potkolenice, medijalni tibijalni stres sindrom*). Shin splint is the pain caused by inflammation of the muscles, tendons, and bone tissue along the inside length of the shinbone (tibia). The pain is usually on the inner side of the lower leg. Shin splints are primarily seen in runners.

## Ankle Injuries



- **Ankle sprain.** You can sprain your ankle when you twist or turn your ankle **in an awkward way** (*na neprirodan način*), stretching or tearing the ligaments in the joint. People who play sports in which there is a lot of **pivoting** (*naglo okretanje*), such as football, handball, volleyball, and basketball, are at risk of an ankle sprain.
- **Achilles tendonitis** (*upala ahilove tetive*). The Achilles tendon connects the calf muscle to the back of the heel. The Achilles is the largest tendon in the body and you use it when you walk, run, climb stairs, jump, and stand on the tips of your toes. People with Achilles tendonitis usually feel pain and **stiffness** (*krutost*) at the back of the heel, especially in the morning. Achilles tendonitis is usually a chronic condition caused by overuse, but serious cases can lead to a tear that may require surgery.

# Treatment of Serious Injuries (Lečenje teških povreda)

- **Immobilization.** The following devices are often used for immobilization:
  - **Sling (mitela, trouglasta marama)** – to immobilize the upper body, including the arms and shoulders.
  - **Splint (udlaga), brace (ortoza, steznik), and cast (gips)** – to support and protect injured bones and soft tissue.
- **Surgery (hirurgija)**

# Treatment of Minor Injuries (Lečenje lakih povreda)

The **R-I-C-E method** is usually used to **relieve** (ublaži) pain and inflammation and to speed **healing** (zalečenje, zaceljenje, zarastanje):

- **Rest.**
- **Ice.** To avoid **frostbite** (promrzlina), do not apply the ice for more than 20 minutes. (Do not use heat immediately after an injury. This can increase **internal bleeding** (unutrašnje krvarenje) or **swelling** (otok).)
- **Compression.** Keeping pressure on the injured area may help reduce swelling. An elastic **bandage** (zavoj) works well, but do not **wrap** (umotati, obmotati) it so tightly that it cuts off the circulation.
- **Elevation (podizanje).** Keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart, to help decrease swelling.

# Treatment of Minor Injuries (Lečenje lakih povreda)

## Rehabilitation

- After the injury has healed, you may need to complete a rehabilitation program before returning to the activity that caused the injury. A **physical therapist** (fizioterapeut) or **physiatrist** (fizijatar) will make a plan that includes exercises that you do at home or in the therapist's office and sometimes treatment with cold, heat, **ultrasound** (ultrazvuk), **aquatic therapy** (hidroterapija), or **massage therapy** (terapija masažom).