

Common Sports Injuries

by Dr. Mark Robbins

Athletes deal with injuries on a regular basis. Below are some of the most common sports injuries.

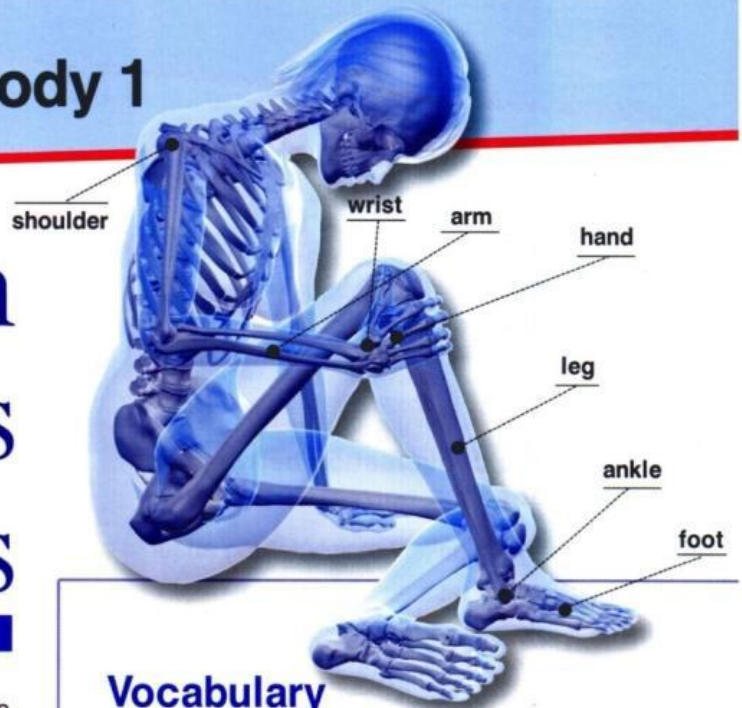
Ankle sprain: This is the most common **foot** injury. It occurs when the foot rolls in a twisting motion.

Knee sprain: This can result from a blow to the knee or a sudden twist. There could be pain throughout the **leg**.

Elbow sprain: An unnatural **arm** movement can cause an elbow sprain. Pain can be felt through the arm to the **wrist** or even the **hand**.

Shoulder dislocation: A hard blow can knock the shoulder out of place. This is very painful. **Hips** can also be dislocated.

Fingers and toes: These appendages are often jammed or broken.



Vocabulary

3 Match the words (1-6) with the definitions (A-F).

- | | |
|------------|-----------|
| 1 — hip | 4 — arm |
| 2 — finger | 5 — wrist |
| 3 — elbow | 6 — leg |

- A the part of the forearm that attaches to the hand
 B the long extension from the upper body between the shoulder and wrist
 C the part of the upper leg that projects slightly outward
 D the long extension from the lower body between the hip and foot
 E one of the extensions from the hand
 F the joint between the upper and lower arm

Get ready!

1 Before you read the passage, talk about these questions.

- How do parts of the arms and legs connect together?
- What are some common injuries?

Reading

2 Read the article on sports injuries. Then, mark the following statements as true (T) or false (F).

- An ankle sprain is the most common foot injury.
- Pain in the hands or wrist can result from an elbow sprain.
- Hips are frequently jammed or broken.

4 Read the sentence pair. Choose where the words best fit the blanks.

1 shoulder / ankle

- A I twisted my _____ when I was running.
 B Tom can't move his arm due to his _____ injury.

2 toe / knee

- A The leg bends at the _____.
 B Breaking even your smallest _____ can make walking difficult.

3 foot / hand

- A This shoe barely fits on my _____.
 B Give me your _____ and I will help you up.