Types of (Sports) Complaints

Overuse

Repeated strain on muscles, tendons or joints without suffient recovery time.

01

02

Traumatic Injuries

Damage to the body caused by a sudden external force or impact, such as a fall, collision, or below.

Muscle Strains and Tears

Persistent contraction of muscles causing discomfort or stiffness / acute damage to muscle fibers.

03

04

Sports-Related Conditions

Injuries arising from physical activity or sports, ranging from acute injuries to chronic overuse complaints.

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OVERUSE COMPLAINTS

Gradually increasing pain

- Stiffness
- More muscle tension

Shin Splints

Stress Fracture

Tendon Complaints

Shin Splints

About this complaint:

- Overload along the inner side of the shinbone due to repeated stress without adequate recovery.
- Dull, nagging pain that worsens during activity

Causes:

- Overload
- Incorrect running technique
- Unsuitable footware
- Training surface

How to act:

- Rest from aggravating activity
- Stretching and strengthening calf muscles
- Alternative training

If it gets better...

- Gradual reintroduction of load
- Prevent recurrence with regular evaluations

Stress Fracture

About this complaint:

A small bone crack caused by insufficient adaption to repeated mechanical stress

Causes:

- Overloading
- Increased training intensity
- Inadequate nutrition
- Biomechanical abnormalitites
- Poor footwear

How to act:

- Absolute rest from triggering activity
- Low-impact alternative training

If it gets better...

- Gradual return with progressive load
- Training adjustments, gait analysis, and appropriate footwear

Tendon Complaints

About this complaint:

Also known as Tendinopathy.Tendon issues in areas like the Achilles, knee, or shoulder tendons.

Causes:

- Overloading
- Improper technique
- Insufficient warm-up
- Age
- Biomechanical abnormalities

How to act:

- Excentric exercises
- Stretching
- Recovery and prevention

If it gets better...

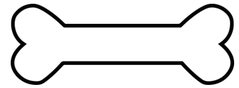
- Gradual load progression
- Emphasize warm-up and cool-down

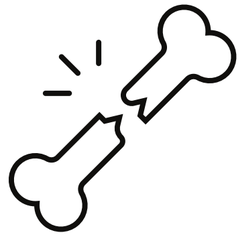
TRAUMATIC INJURIES

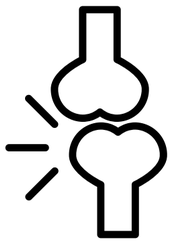
Sudden sharp pain

- Swelling
- Heat
- Redness

- Sprain/Strain
- Bruising (Contusion)
- Fractures
- Ligament Injuries
- Joint Dislocation







Sprain/ Strain

About this complaint:

Common in activities with sudden direction changes, jumping, or abrupt movements.

Sprain: When ligaments are stretched or torn. Usually due to a sudden twist, fall, or impact that forces the joint into an unnatural position.

Strain: Injury to muscles or tendons, in which tissues are stretched or partially torn. Can occur from overuse, or gradually from chronic stress.

How to act:

- PEACE & LOVE protocol
- Maintain mobility
- Move what can still move

If it gets better...

- Gradual return to activity
- Strengthening, balance, and sports-specific exercises

Brousing (Contusion)

About this complaint:

Damage to blood vessels in skin, muscles, or other tissues due to blunt trauma. Bruises can cause pain, swelling, and stiffness, and in severe cases, the underlying tissues can also be damaged.

Causes:

- Direct impact
- Contact with an object
- Overexertion

How to act:

To minimize pain and swelling, the PEACE & LOVE protocol. Pain relief if necessary. Rest and recovery: varying from a few days to weeks...

If it gets better...

- Light movement to prevent stiffness
- Restore mobility and strength
- Return to sports when the bruise is completely healed!

Fractures

About this complaint:

Also called fractures, is a break in the continuity of a bone. The bone can break partially or completely. A fracture can vary from a simple crack to a complex multiple fracture.

Causes:

- Direct trauma
- Indirect forces
- Overload

How to act:

Immediate care:

- Immobilization
- Seek medical attention
- Open fracture: cover the wound with a sterile or clean bandage, but do not push the bone back.
- Pain management
- Watch the athlete: shock stabbing, pallor, sweating, rapid breathing

After medical treatment:

- Gradual recovery program and progressive loading

Ligament Injuries

About this complaint:

Common injury in which one or more ligaments are stretched, torn, or completely torn. Often occurs in the ankle, knee, or wrist.

Varying in severity: grade 1 to 3

Causes:

- Sudden movements
- Overuse
- Direct trauma
- Unstable surfaces

How to act:

PEACE & LOVE protocol, immobilization for grade 2-3.

Start mobilizing exercises quickly.

Start later with:

- Strengthening exercises
- Proprioception training
    - Later gradual return to sports

Joint Dislocation

About this complaint:

Occurs when the bones that normally meet in a joint are completely displaced from their normal position. This results in a dislocated joint, which causes immediate intense pain as well as noticeable deformity of the joint. Commonly occurs in the shoulder.

Causes:

- Direct trauma
- Sudden twist
- Fall on an outstretched arm or leg
- Overuse or underlying instability

How to act:

- Do not move the dislocated joint, immobilize with a splint or aid if necessary
- Have the athlete stop the sports activity immediately
- Call medical help
- DO NOT reposition yourself
- Pain relief

A doctor will put the joint back, after which the joint is often immobilized with a sling, brace or cast. After the immobilization phase, physiotherapy is crucial.

MUSCLE STRAINS AND TEARS

- Sudden sharp pain
- Inability to relax muscle

Muscle Cramps

Muscle Strain

Muscle Tear

Muscle Cramps

About this complaint:

A muscle cramp is a sudden and involuntary contraction of a muscle or muscle group, which can last from a few seconds to a few minutes.

Causes:

- Dehydration
- Electrolyte imbalance
- Overexertion or muscle fatigue
- Poor circulation
- Insufficient warm-up
- Incorrect posture or technique

How to act:

- Stop the activity
- Stretch the muscle
- Massage
- Hydration
- Rest until the muscle is completely relaxed

Then....

- Gradual resumption

Muscle Strain

About this complaint:

This is an injury where the muscle fibers are stretched or torn. The severity of the injury is classified from grade 1 to 3.

Causes:

- Sudden movement
- Insufficient warm-up
- Overload
- Fatigue
- Incorrect technique or posture

How to act:

- PEACE & LOVE protocol
- Pain relief
- Stretching and mobility exercises
- Strengthening exercises

If it gets better...

- Gradual return to sports

Muscle Tear

About this complaint:

A muscle tear is when the muscle fibers are torn, which leads to pain, swelling, and loss of muscle strength and function. The severity is classified into three grades: 1 to 3.

Causes:

- Sudden, explosive movements
- Insufficient warm-up
- Overload or chronic tension
- Fatigue
- Incorrect technique

How to act:

- PEACE & LOVE protocol
- Pain management
- Medical examination to determine severity

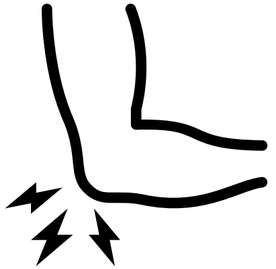
- Rest and gradual recovery
- Stretching exercises
- Strengthening exercises
  - Later gradual return to sports

SPORTS-RELATED CONDITIONS

Persistent pain

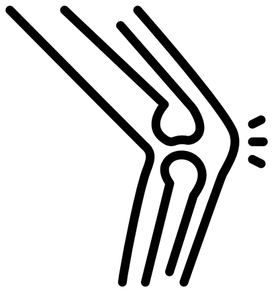
- During activity
- After activity
- During daily activities

Tennis Elbow



Golfer's Elbow

Patellofemoral Pain Syndrome



Tennis Elbow

About this complaint:

It is a degeneration of the tendons that connect the extensor muscles of the forearm to the lateral epicondyle. The tendons become irritated from overuse, leading to pain and reduced functionality.

Causes:

- Overuse
- Repetitive movements
- Incorrect technique
- Weakened forearm muscles

How to act:

- Stretching
- Eccentric exercises

When things get better...

- Gradual return to sports
- Correction of technique

Golfer's Elbow

About this complaint:

Similar complaint, but on the other side of the elbow: medial epicondyle.

Causes:

- Overload
- Repetitive movements
- Incorrect technique
- Weakened forearm muscles

Similar complaints are for example Achilles tendonosis or Jumer's knee.

How to act:

- Stretching
- Eccentric exercises

When things get better...

- Gradual return to sports
- Correction of technique

Patellofemoral Pain Syndrome

About this complaint:

This symptom occurs when the kneecap does not slide properly through the groove at the bottom of the thighbone during movements such as walking, running or climbing stairs. This leads to irritation of the cartilage and surrounding tissues, which causes pain.

Causes:

- Overload
- Different alignment of the kneecap
- Unbalanced muscle strength
- Uneven load

How to act:

- Strengthening of the surrounding muscles
- Stretching of the muscles
- Correct technique and posture
- Progressive training structure
- Recognizing symptoms

Questions?

Make an appointment at TopvormTwente. nl

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