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 deficits \(^2\)
  - Anatomical abnormalities: flattened arches or prolonged pronation \(^2\)
  - Muscle fatigue \(^1,2\) and weakness \(^1\)
  - 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 border \(^2\)
  - Painful upon palpation over medial and distal posteromedial border \(^2\)

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 knee \(^2\)
- Athletes who participate in physically demanding sports with pivoting motions like soccer, football, and basketball are more likely to injure their anterior cruciate ligaments