Sport Science - R180 : TA3 (Different types and causes of injuries)

Step 4: End of topic test

Revision and end of topic test...

Step 3: Chronic injuries

Overview of Chronic injuries. Types, causes and treatment of chronic injuries: Tendonitis (Achilles tendon rotator cuff ,patellar) ,golfers/tennis (medial and lateral epicondylitis) ,shin splints ,stress fractures.

Step 2: Acute injuries (Hard tissue)

Types ,causes and treatment of hard tissue injuries: Fractures, head injuries.

Step 1:Acute injuries (soft tissue)

Overview of acute injuries Types, cause and treatment of soft tissue injuries: Strains ,sprains ,skin damage (abrasions ,lacerations ,contusions ,blisters).











