

### Common Injuries & Symptomatic Treatment Suggestions

Symptoms	Condition	Treatment	Referral
Dull ache & soreness begins after activity; as condition progresses soreness during & after activity then before, during & after activity.	Tendonitis	<ul style="list-style-type: none"> <li>• Rest/Modified Activity</li> <li>• Heat Before/Ice After Activity</li> <li>• Anti-inflammatory Meds</li> <li>• Flexibility</li> <li>• Adequate Deceleration strength</li> </ul>	Athletic Trainer for additional modalities
Tendonitis symptoms as well as soreness just below kneecap; pain w/knee movement; pain after sitting for extended periods of time	Jumper's Knee (patellar tendonitis)	<ul style="list-style-type: none"> <li>• Tendonitis Treatment Above</li> <li>• Quad Stretching</li> <li>• Eccentric Quad Exercises</li> <li>• Patellar Strap</li> <li>• Shoes w/appropriate cushioning</li> <li>• Orthotics</li> </ul>	Athletic Trainer for additional modalities
Tendonitis symptoms as well as soreness in region of Achilles and at insertion on the heel; pain with walking and ankle motion	Achilles Tendonitis	<ul style="list-style-type: none"> <li>• Tendonitis Treatment Above</li> <li>• Calf stretching (Runner's stretch: straight &amp; bent knee)</li> <li>• Eccentric Calf Exercises</li> <li>• Heel Lift</li> <li>• Orthotics</li> <li>• Caution when pushing through this as rupture may occur</li> </ul>	Athletic Trainer for additional modalities
Pain, swelling & stiffness in a joint	Arthritis	<ul style="list-style-type: none"> <li>• Adequate flexibility</li> <li>• Anti-inflammatory Meds</li> </ul>	Consult Physician
Excessive joint motion beyond normal range resulting in pain, swelling, stiffness, instability, may hear a "pop", difficulty bearing wt for lower extremity injury	Sprain	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Ice (at least 48-72 hrs)</li> <li>• Compression</li> <li>• Elevation (should be above heart)</li> <li>• Anti-inflammatory Meds after 48 hrs</li> <li>• Jt Strengthening/Stability Exs</li> <li>• Balance Exs</li> </ul>	Exam by Athletic Trainer or Physician
Overstretch or forceful overcontraction of a muscle/tendon; pain, swelling, stiffness, pain when using the muscle	Strain	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Ice (at least 48-72 hrs)</li> <li>• Compression Wrap</li> <li>• Elevation (should be above heart)</li> <li>• Anti-inflammatory Meds after 48 hrs</li> <li>• Gentle Pain-free flexibility</li> <li>• Isolated Strengthening Exs</li> </ul>	Exam by Athletic Trainer or Physician

<b>Symptoms</b>	<b>Condition</b>	<b>Treatment</b>	<b>Referral</b>
Pain on sole of foot w/standing for long periods of time, worse: first step out of bed,	Plantar Fasciitis, "Heel Spur"	<ul style="list-style-type: none"> <li>• Icing (ice cup, bottle, golf ball)</li> <li>• Massage</li> <li>• Shoes w/good cushioning</li> <li>• Orthotics as needed</li> <li>• Calf Stretching</li> <li>• Foot Stretching</li> </ul>	Athletic Trainer for additional modalities
Dull ache, soreness; often mimics tendonitis at start (pain after activity, pain before and after activity, pain before, during and after activity, pain w/daily living activities) May be tender in one spot	Stress Fracture	<ul style="list-style-type: none"> <li>• Modifying activity (minimizing wt. bearing)</li> <li>• Shoes w/good cushioning</li> <li>• Orthotics as needed</li> <li>• Icing when symptomatic</li> <li>• Flexibility</li> </ul>	Exam by Physician for further diagnostic studies
Painful, cramping sensation, area of extreme tightness, painful to touch	Muscle Spasm	<ul style="list-style-type: none"> <li>• Ice or Heat combined w/stretch</li> <li>• Massage</li> <li>• Flexibility</li> </ul>	
Common in shoulders, traps, upper back: Area of tightness and hypersensitivity in muscle; painful to touch, may refer pain to neck or down arm	Trigger Points	<ul style="list-style-type: none"> <li>• Ice or Heat</li> <li>• Massage</li> <li>• Flexibility</li> <li>• Anti-inflammatory Meds</li> </ul>	Athletic Trainer for additional modalities
Dull ache or pinch sensation; areas of tightness/spasm; may refer pain down arms or legs;	Back/Neck Pain	<ul style="list-style-type: none"> <li>• Modalities</li> <li>• Flexibility</li> <li>• Core Stabilization Exercises</li> <li>• Anti-inflammatory Meds</li> </ul>	Exam by Physician or Athletic Trainer
Dull ache or pinch sensation; may refer pain down arms or legs; may have numbness into arms/legs	Disc Related BackPain	<ul style="list-style-type: none"> <li>• Modalities</li> <li>• Anti-inflammatory Meds</li> <li>• Core Stabilization Exercises</li> </ul>	Exam by Physician