

DISCOVER

Ladies first

Why you shouldn't wait to see a doctor
and other women's health tips
that could save your life



**Ease the
ache away**
Find out how to relieve
arthritis pain and live better

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Game over

How and why a sports injury can happen to you

You're driving hard down the court, getting ready to shoot the perfect basket, when you hear a pop and a searing pain shoots up your leg. You've ruptured your Achilles tendon. In sports, the thrill of playing can quickly turn into the agony of injury.



Adam Yanke, MD

Part of the game

"You can get hurt playing any type of sport," says Adam Yanke, MD, a sports medicine specialist at Rush Oak Park Hospital. "Injuries can be caused by a variety of things, including accidents, poor conditioning or training practices, not wearing the proper equipment, or inadequate stretching or warm-up before playing."

Some common sports injuries include: **Achilles tendon injuries.** You can injure your Achilles tendon by stretching, tearing or irritating this thick cord (tendon), which attaches your heel bone to your calf muscle.

» **What it feels like:** You know you've got an Achilles tendon problem if you have pain that gradually gets worse with exercise. An injured Achilles tendon will also

often feel painful and stiff in the morning.

» **How it happens:** Tendinitis is the most common cause of Achilles tendon injuries. These types of injuries often occur in middle-aged, part-time athletes who do not warm up or stretch properly before games or practices.

Sprains. A sprain happens when you pull or tear a ligament.

» **What it feels like:** If you have bruising, swelling, tenderness and pain or are unable to move your limb or joint, you've probably got a sprain.

» **How it happens:** Some type of trauma, such as a fall or blow that knocks a joint out of place, is usually the cause.

Knee injuries. Because your knee is so complex with many different components, it's vulnerable to a variety of injuries — often involving ligaments and cartilage.

» **What it feels like:** "If you have a significant knee injury, pain symptoms are almost always followed by significant swelling in the next one to two days," Dr. Yanke says. "Even more significant injuries, like tears of ligaments or tendons, are associated with a popping sound or sensation, an inability to put weight on the knee, and limitations in your knee motion."



» **How it happens:** Landing wrong after a jump, getting hit on the front or outside of the knee during a contact sport, or simply changing directions rapidly while running — there are lots of ways to hurt your knee.

Learn more about knee injuries from Dr. Yanke on Sept. 29. See page 7.

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