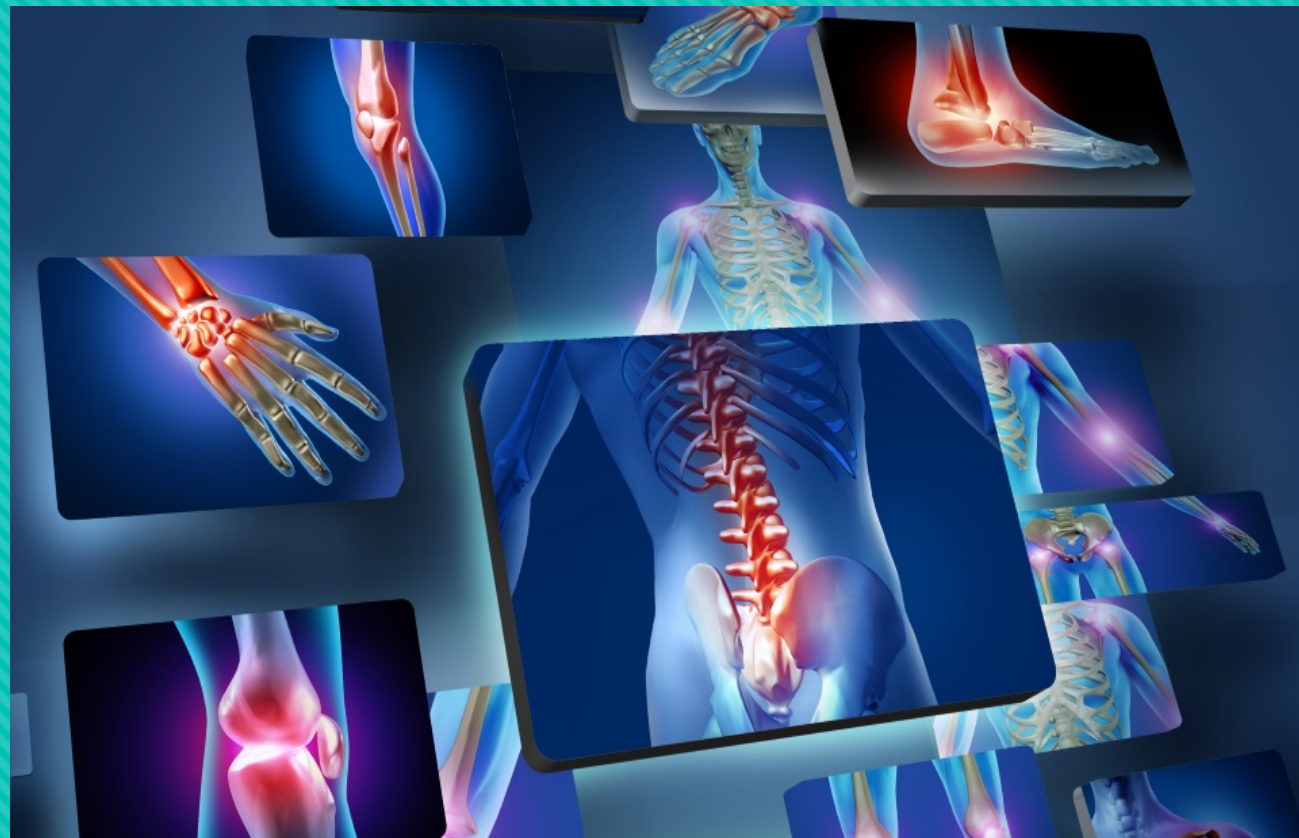


Sports Injuries



(Sportske povrede)

Sports injuries usually occur during sports or exercise, but they are **not limited to athletes**. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners develop tendonitis, even though they may not participate in sports, so **sports injuries mostly occur in active individuals**. The most common types of sports injuries affect **the musculoskeletal system**. The musculoskeletal system is the network of **muscles, tendons, ligaments, bones, and other tissues**, which **provides the body with stability and enables movement**.



Risk Factors

- Not using the correct exercise techniques.
- Overtraining, either by training too often or for too long.
- Changing the intensity of physical activity too quickly.
- Playing the same sport repeatedly.
- Running or jumping on hard surfaces.
- Wearing shoes that do not have enough support.
- Not wearing the proper equipment.
- Previous injury.
- Certain anatomical features specific to each joint or poor flexibility.

Sports injuries are broadly categorized into two types:

Acute injuries (akutne povrede)

- They happen suddenly.
- (Dešavaju se iznenada)

Chronic injuries (hronične povrede)

- They are usually related to overuse and develop gradually over time.
- (Obično se vezuju za prekomernu upotrebu i razvijaju se postepeno tokom vremena)

Musculoskeletal Injuries

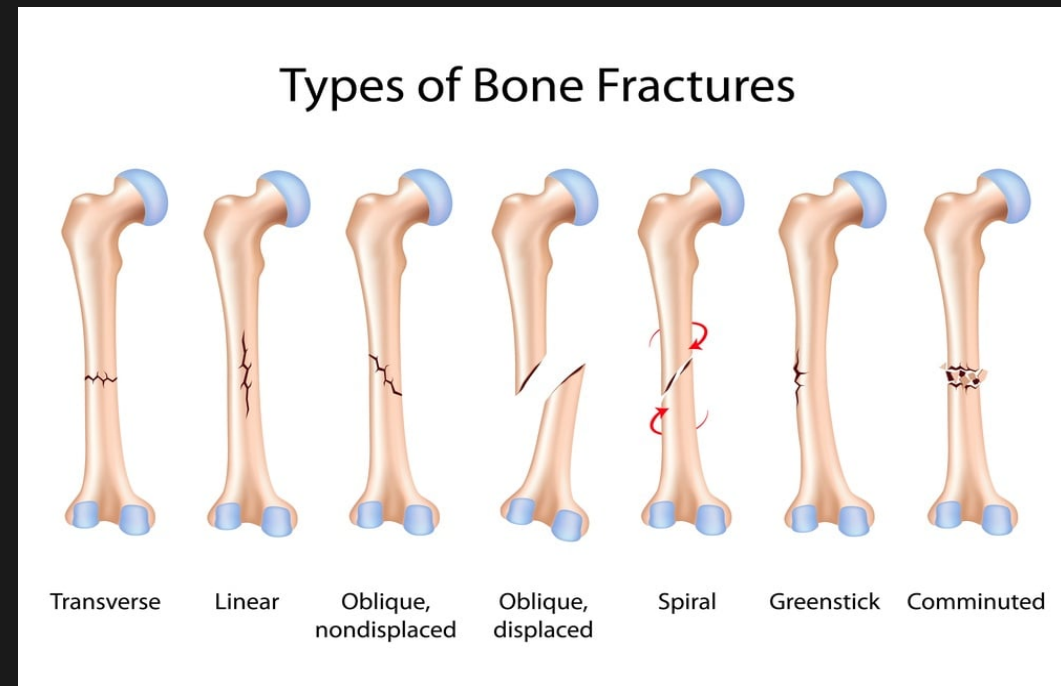
(Muskuloskeletne povrede)

Musculoskeletal Injuries

- A fracture is a **break in a bone** that occurs either from a quick, one-time injury, known as an **acute fracture**, or from repeated stress, known as a **stress fracture**.

Bone fracture

(Fraktura/prelom kostiju)



Musculoskeletal Injuries

- When the **two bones that** come together to **form a joint become separated**, the joint is **dislocated**. Contact sports such as football and basketball, as well as high-impact sports and sports that involve significant stretching or falling, cause most dislocations. A dislocated joint usually requires **immediate medical treatment**, but sometimes the bones move back into place on their own.

Dislocation

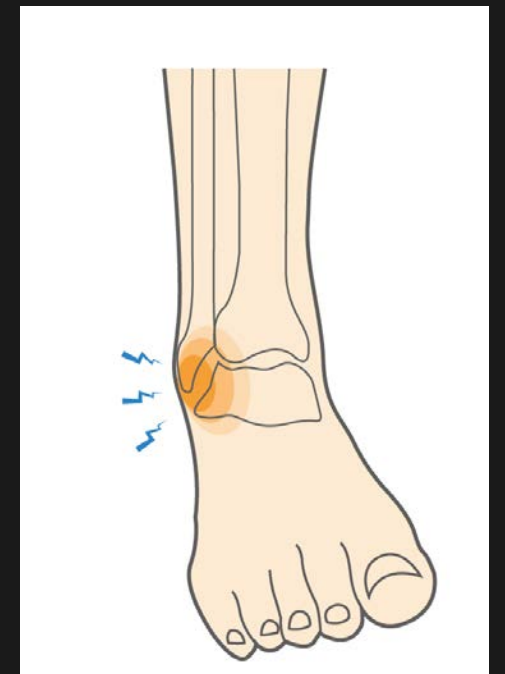
(Iščášenje)



Musculoskeletal Injuries

- Sprains are **stretches or tears of ligaments**, the bands of connective tissue that join the end of one bone with another. Sprains are caused by trauma such as a fall or blow that knocks a joint out of position. Areas of the body most vulnerable to sprains are ankles, knees, and wrists.

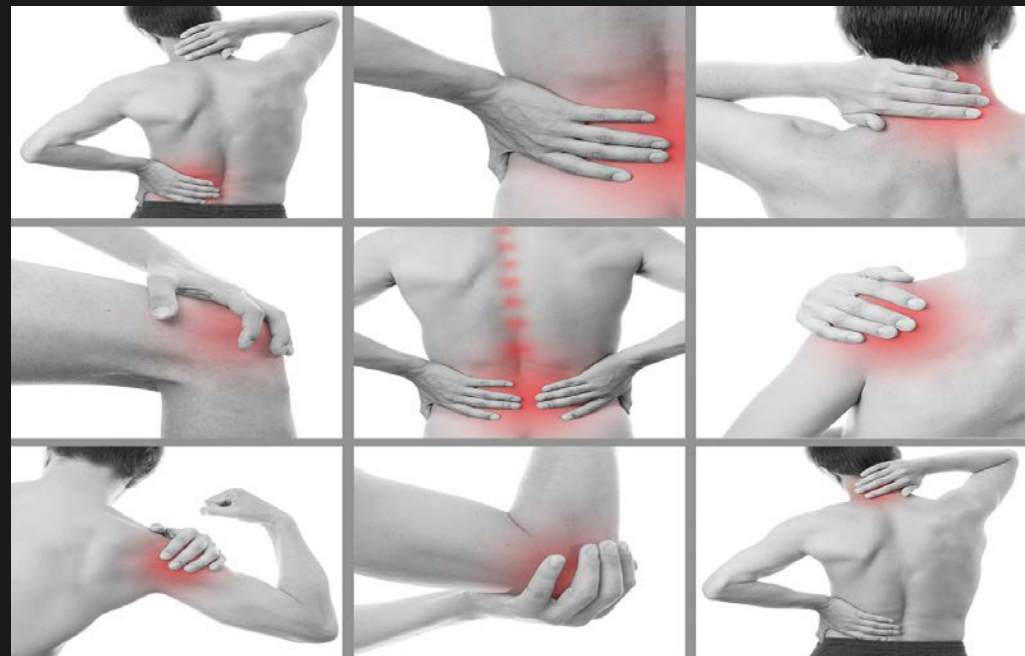
Sprain (Uganuće)



Musculoskeletal Injuries

- A strain is a **twist, pull, or tear of a muscle or tendon**. Athletes who play contact sports can get strains, but they can also happen from repeating the same motion again and again, as in tennis or golf.

Strain (Istegnuće)



Musculoskeletal Injuries

- Tendonitis is **inflammation of a tendon**. It often affects the shoulder, elbow, wrist, hip, knee, or ankle. Tendonitis can be caused by a sudden injury, but it usually results from carrying out the same motion over and over. People such as carpenters, gardeners, musicians, and certain types of athletes, such as golfers and tennis players, have a higher risk of tendonitis.

Tendonitis/ Tendinitis (Upala tetive)



Musculoskeletal Injuries

- Bursitis is **inflammation of the bursae** (plural of “bursa”), small, fluid-filled sacs that **act as cushions between a bone and other moving parts**, such as muscles, tendons, or skin. Bursitis can be caused by a one-time event like a blow or fall. It can also result from repeating the same motion many times, like throwing a ball, or from prolonged pressure, such as from **kneeling** on a hard surface or **leaning** on the elbows.

Bursitis

(Burzitis [upala burzi/sluznih kesica])

