



PCA Sports Working Group

Newsletter

Winter 2023

Winter Sports Have Arrived!!

Here is what the research shows for common injuries you may see in your office this high school season

Basketball

- Lateral Ankle Sprains
- Knee Injuries (patellofemoral inflammation, jumper's knee, Osgood Schlatter's)
- Hamstring Strain

Swimming

- Shoulder (impingement, overuse, and laxity)
- Knee (especially in breaststroke)
- Lumbar (higher incidence of lumbar DJD in swimmers)

Bowling

- DeQuervain's Tenosynovitis
- Trigger Finger
- Epicondylitis (medial or lateral depending on the bowler)

Wrestling

- Knee sprain
- Shoulder (impingement, overuse)
- Facial injuries/Concussion

Rifle

- Shoulder (overuse, impingement)
- Wrist Tendinopathy
- Ankle Sprain

Indoor Track

Middle and Long Distance

- Overuse Achilles Tendinopathy
- Overuse Knee Chronic Lesions (patellar cartilage lesions)
- Overuse Iliotibial Syndrome
- Overuse Stress Fractures

Indoor Track

Sprints and Hurdles

- Acute Thigh Injuries (hamstring strains)
- Overuse Achilles Tendinopathy

Indoor Track

Jumps

- Overuse Achilles Tendinopathy
- Patellar Tendinopathy

Indoor Track

Pole Vault

- Acute Ankle Sprains
- Overuse Back Pain
- Major Injuries - Severe Head and Spinal Cord Trauma

Indoor Track

Throws

- Overuse Shoulder and Elbow Injuries
- Overuse Back Pain

DID YOU KNOW?

Most Major Sports Teams (NFL, MLB, NHL, and NBA) Have a Team Chiropractor?

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