



Tips From the Training Room

For more information contact the athletic training staff at

Towson Sports Medicine, 410-828-4TSM (4876).

Basketball Injuries

Basketball has become a fast paced contact sport, with more than 1.6 million injuries estimated each year. The most common injuries for both females and males are ankle, knee, and finger injuries. Basketball players also can receive facial cuts, broken noses, and concussions.

Foot and Ankle:

Inversion (Lateral) Ankle Sprain:

- Typically the anterior talofibular ligament is injured
- Ankle is rolled so the foot turns inward- this can occur from contact, cutting or changing directions, stepping or landing on someone else's foot
- Signs and Symptoms include pain, swelling, bruising, and loss of motion
- Treatment includes protection, rest, ice, compression, and elevation (PRICE)

5th Metatarsal Stress Fracture (Jones fracture):

- Injury can be a stress fracture (tiny hairline break) or acute fracture
- Injury occurs at the base of the 5th metatarsal (pinkie toe bone down towards the heel)
- Typically occurs from twisting of the foot or being stepped on
- Signs and Symptoms include pain, swelling, bruising, and difficulty walking
- Treatment includes protection, rest, ice, compression, and elevation (PRICE)
- Physician evaluation is needed with this injury

Knee:

Anterior Cruciate Ligament (ACL):

- ACL runs diagonally through the middle of the knee making a cross with the PCL
- ACL prevents the tibia from moving forward, as well as providing rotational stability to the knee

- 70% of tears occur from rapid change of direction, deceleration and pivoting, awkward landing from a jump
- 30% occur from a direct blow
- Signs and Symptoms including hearing a “pop” sound, pain, large amount of swelling, unstable feeling, and a loss of motion while bending the knee or straightening the knee out
- Physician evaluation is needed with this injury

Meniscus:

- Menisci are two crescent-shaped wedges that act as stabilizers and shock absorbers for the knee joint
- Injury typically occurs from a twisting or turning quickly with foot planted
- Pain, catching, or locking of the knee, feeling of knee giving out, and pain while squatting down
- Treatment includes rest, ice, compression, and elevation (RICE)
- Physician evaluation is needed with this injury

Osgood-Schlatter’s:

- Condition that is caused by mechanical stressors on the growing lower leg bone
- Typically caused by repetitive jumping and running, found in males more than females, and usually occurs during a growth spurt
- Pain with active movement, point tenderness below the knee at the bony prominence, swelling, and weakness
- Rest or modify activity, ice, and anti-inflammatory medications may be recommended

Patella Tendinitis:

- Inflammation of the patellar tendon due to overuse or rapid growth
- Often referred to as “jumpers knee” it is commonly found in jumping and running sports
- Point tenderness over the patella tendon, pain with jumping, running, or walking (especially with going down hills or stairs), and swelling
- Rest or modify activity, ice, anti-inflammatory medications, and the use of a patella strap to help with further irritation

Finger:

Jammed Finger:

- Sprain involving the ligaments or the ligamentous capsule surrounding the various joints of the finger
- Direct force to the end of the finger when it is completely straight
- Symptoms including pain, swelling, and stiffness surrounding the involved joint
- Modify activity, ice, and buddy tape to the adjacent finger

Finger Fracture:

- Force that can be caused by the ground, object (ball), or getting your finger caught in another object such as another player's jersey.
- Swelling, point tenderness, possible bruising, inability to move the finger completely, and possible deformity
- Ice, splint, physician evaluation is needed, x-rays, possible surgery.

Prevention:

- Recommended Pre-Season Physical Exam
- Maintain fitness during off season, come to preseason in good fitness shape
- Proper warm up and cool down
- Incorporate an ACL Injury Prevention Program if available
- Learn proper jumping and landing techniques
- Learn proper technique for the position that you play
- Avoid overuse
- Hydration is very important
- Proper fitting shoes that offer ankle support
- Ankle braces can reduce the incidence of ankle sprains
- Mouth guards and safety glasses are also protective equipment that can be worn
- Athlete should only return to participation after she has been cleared by supervising physician

Websites:

STOP Sports Injuries

www.stopsportsinjuries.org/

Basketball Injury Prevention: American Academy of Orthopaedic Surgeons

<http://orthoinfo.aaos.org/topic.cfm?topic=A00177>