

## **SPORTS**

Football  
Cricket  
Volleyball  
Hockey  
Tennis  
Baseball  
Golf  
Basketball  
Rugby  
Cycling  
Running (Sprints/Marathons)  
Jumping (Long/High)

Futsal  
Table tennis  
Badminton  
Handball  
Kabaddi  
Squash  
Swimming (Diving/Laps)  
Skating  
Snooker  
Darts  
Bowling

### **1. Football**

Ankle sprains  
Hamstring strains  
Groin strains  
Muscle spasms  
Wrist and Elbow injuries  
Head concussions

Long term

Knee injuries  
Meniscus tears  
Bone fractures  
Achilles tendinitis  
ACL tears

### **2. Cricket**

Shoulder sprains  
Elbow sprains

Rib sprains  
Joint sprains  
Lower back pain  
Ankle sprains  
Scraps, wounds and bruises

Long term

Shoulder dislocation  
Lower limb injuries  
Shin splits  
Meniscus tears  
Ligament pulls/ tears

### **3. Volleyball**

Finger injuries  
Shoulder injuries  
Ankle sprains  
Face and head concussions  
Lower back pain

Long term

Finger ligament tears  
Broken/ Dislocated bones  
Patellar Tendonitis (Jumper's Knee)  
Rotator cuff injuries  
ACL tears

### **4. Hockey**

Muscle strains  
Groin injuries  
Concussion  
Contact injuries

Long term

MCL tears  
Shoulder dislocations  
Broken collarbones

### **5. Tennis**

Tennis Elbow (Lateral Epicondylitis)  
Ankle sprains  
Blisters  
Calf strains  
Wrist strains

Back pain

Long term

Labral tear

Rotator cuff injuries

Achilles Tendinitis

Patellar Tendinitis (Jumper's Knee)

## **6. Baseball**

Wrist Sprains

Back Strains

Quadriceps Strains

Groin Pulls

Ankle Sprains

Head concussions

Long term

Shoulder dislocations

UCL injuries

Wrist fractures

ACL tears

## **7. Golf**

Neck pain

Knee pain

Hip sprains

Wrist injuries

Lower back pain

Finger injuries

Long term

Rib injuries

Thumb inflammations

Tendinitis

Rotator Cuff Injuries

## **8. Basketball**

Ankle Sprains

Knee sprains

Head Concussions

Hamstring Strains

Groin Pulls

Calf strains

Long term

Achilles Tendinitis  
Plantar Fasciitis  
Wrist Fractures  
Foot Fractures  
ACL tears

## **9. Rugby**

Facial injuries  
Quadriceps Strains  
Bruised shoulders  
Finger, Wrist injuries  
Calf, ankle sprains

Long term

Elbow fractures  
Rib fractures  
Collarbone fractures  
ACL tears

## **10. Cycling**

Knee pain  
Lower back pain  
Finger and Hand numbness  
Neck pain  
Saddle sores  
Muscle cramps

Long term

Scaphoid Fractures  
Head injuries  
Achilles Tendinitis  
Collarbone fractures

## **11. Running**

Runner's Knee (Patellofemoral Pain Syndrome)  
Hamstring Strains  
Calf Strains  
Ankle Sprains  
Blisters  
Chafing

Long term

Shin Splints  
Achilles Tendinitis  
Hip Flexor Strains  
Knee injuries  
Iliotibial Band Syndrome (ITBS)

## **12. Jumping (Long/High)**

Shoulder injuries  
Groin strains  
Wrist strains  
Hamstring strains  
Ankle sprains  
Skin Abrasions

Long term

ACL tears  
MCL tears  
Head injuries  
Achilles Tendinitis

## **13. Futsal (Same as football)**

Ankle sprains  
Hamstring strains  
Groin strains  
Muscle spasms  
Wrist and Elbow injuries  
Head concussions

Long term

Knee injuries  
Meniscus tears  
Bone fractures  
Achilles tendinitis  
ACL tears

## **14. Table tennis**

Tennis Elbow (Lateral Epicondylitis)  
Wrist Strains  
Back pain  
Neck strains  
Eye strains

Long term

Shoulder Tendonitis

Carpal Tunnel Syndrome  
Achilles Tendinitis

## **15. Badminton**

Ankle sprains  
Blisters  
Calf strains  
Wrist strains  
Back pain

Long term

Labral tear  
Rotator cuff injuries  
Achilles Tendinitis  
Patellar Tendinitis (Jumper's Knee)

## **16. Handball**

Facial Injuries  
Muscle Cramps  
Calf Strains  
Back Injuries  
Wrist sprains  
Shoulder strains

Long term

Achilles Tendinitis  
Finger dislocation  
Arm fractures  
ACL tear

## **17. Kabaddi**

Contact injuries  
Ankle sprains  
Facial Injuries  
Muscle Cramps  
Wrist Strains

Long term

Shoulder dislocation  
Finger dislocation  
Bone fractures  
ACL tear  
Hamstring tear

## **18. Squash (Same as tennis injuries)**

## **19. Swimming**

Skin and Eye Irritation

Neck pain

Shoulder tension

Lower Back Pain

Knee sprains

Ankle sprains

Long term

Rotator Cuff Tendons

Elbow Tendinitis

Ear infection

Hip flexor strains

Head concussions

## **20. Skating**

Ankle sprains

Bruises

Cuts and scars

Back sprains

Long term

Bone fractures

Head injuries

Toe injuries

## **21. Snooker**

Muscle stiffness

Repetitive stress injuries

Wrist strains

Shoulder tension

Neck and back pain

## **22. Darts**

Shoulder Strain

Wrist and Hand Pain

Neck discomfort

Eye Strain

Repetitive Stress Injuries

## **23. Bowling**

Wrist sprains  
Shoulder strains  
Back pain  
Ankle sprains  
Muscle strains

Long term

Finger fractures  
Wrist fractures  
Achilles Tendinitis