

## Unit 3 Athletic Injuries

### Task 1 General vocabulary - Quiz

1. The floor is wet, you might \_\_\_\_\_  
a) trip b) slip c) fall
2. I got \_\_\_\_\_ by a mosquito last night.  
a) eaten b) bitten c) bite
3. She has a \_\_\_\_\_ arm.  
a) broke b) snapped c) broken
4. Your room is very messy, you might \_\_\_\_\_ over all those cables.  
a) kick b) fallen c) trip
5. I hit my arm hard against the table and now I've got a big \_\_\_\_\_.  
a) bruise b) break c) cut
6. He \_\_\_\_\_ the stairs, but he's OK. Don't worry.  
a) fell off b) fell out c) fell down
7. While cycling he rode over a rock and \_\_\_\_\_ his bike.  
a) fell off b) fell down c) fell out off
8. He wasn't careful and \_\_\_\_\_ his hand on the stove.  
a) cut b) bruised c) burned
9. He was outside when a bee \_\_\_\_\_ him on his leg.  
a) bit b) burned c) stung

### Task 2 Sports injuries - Vocabulary

*Study the list of injuries below. Do you know their Czech equivalents? Which of the injuries have you suffered? Which are most serious? Can you estimate the time needed for recovery after some of the injuries?*

#### Achilles Tendinitis

The Achilles tendon attaches the muscles of the lower leg (gastrocnemius and soleus) to the heel. Achilles tendinitis is inflammation of this tendon generally caused by overuse or a direct blow.

#### Cruciate Ligament Injury

The anterior cruciate ligament (ACL) and the posterior cruciate ligament (PCL) attach the thighbone (femur) to the shinbones (fibula and tibia) acting to stabilize the knee joint. The ACL and PCL can be injured primarily by rotational forces on the knee. ACL and PCL sprains are categorized as first, second, and third-degree.

#### Concussion

A concussion is caused by a direct blow to the head. Depending upon the severity of the concussion, injury can cause varying levels of impairment of brain function. Concussions are categorized as mild (grade 1), moderate (grade 2), or severe (grade 3) depending upon symptoms.

#### Contusion

A contusion is basically a deep bruise that is caused by direct impact. In football we generally hear about quadriceps (thigh) contusions.

### Dislocation

A dislocation occurs when the ball of a joint is forced out of its socket (i.e. arm forced out of the shoulder joint). A dislocation must be reset by proper medical professionals.

### Fracture

A fracture is a break, crack, or shattering of a bone. In closed fractures, the broken bone does not pierce the skin, while in open fractures, the broken bone breaks the skin's surface.

### High Ankle Sprain

A high ankle sprain involves stretching or tearing of the large ligament (syndesmotric ligament) that joins together the two bones of the lower leg (fibula and tibia).

### Meniscus Injuries

The medial and lateral menisci are the cartilage shock absorbers located inside the knee joint. These can be damaged by excessive twisting, turning, or compression at the knee joint, which produces tears. Due to the poor blood supply, meniscal injuries generally require surgery for repair.

### Sprain

This is an injury that involves the stretching, partial tearing, or complete rupture of a ligament. Sprains are categorized as first, second, or third degree. In football, the most common sprain is to the hamstrings.

### Stinger

A stinger, also called a burner or nerve pinch injury, is a very common injury in football. This injury involves a stretch or compression of the brachial plexus (a complex system of nerves that involve the back, neck, shoulders, and arms). Stingers generally cause shooting pain down the arm(s).

### Strain

Strains are injuries that involve the stretching, partial tearing, or complete tearing of a tendon. Strains are categorized as first, second, or third degree.

([http://www.fftoolbox.com/football/football\\_injury\\_glossary.cfm](http://www.fftoolbox.com/football/football_injury_glossary.cfm))

## Task 3 Injuries - Causes and symptoms

*Which of the below are the causes and which are the symptoms of sports injuries? Can you think of some other causes and symptoms?*

- athletic equipment that malfunctions or is used incorrectly
- pain
- falls
- swelling
- forceful high-speed collisions between players
- instability or obvious dislocation of a joint
- weakness
- wear and tear on areas of the body that are continually subjected to stress

## Task 4 True or false?

1. Adults are more likely to suffer sports injuries than children.
2. About 50% of sports injuries are minor soft tissue traumas.
3. The most common sports injury is a bruise (contusion). It is caused when blood collects at the site of an injury and discolours the skin.
4. A strain is a partial or complete tear of:
  - muscle (tissue composed of cells that enable the body to move)
  - tendon (strong connective tissue that links muscles to bones)

### **Task 5 Listening**

<http://www.youtube.com/watch?v=JwJHit6j5QU&feature=related>

#### **How to prevent youth sports injuries**

*Discuss the questions 1,2,3,4 and 6 with your partner before you listen – how would you answer?*

*Then listen to an interview with a sports program director talking about prevention of injuries and note down his answers.*

1. What causes the increase in youth injuries?
2. How many kids are hurt annually?
3. What are the 6 tips given to parents to prevent an injury of a child?
4. Which injuries are mentioned?
5. What is the most dangerous sport for girls and why?