



**CTEC Sport: Summer Work**  
**Sports Injuries and Rehabilitation**

1. Fill in the chart for your own injuries:

Type of injury	Cause of injury	Treatment	Who treated you?

- What are the signs and symptoms of the following common acute sports injuries?
  - sprains and strains
  - broken bones
  - dislocation
  - torn ligament
- For each of the above state how they would be treated or rehabilitated.
- What are the signs and symptoms of the following common chronic sports injuries?
  - tennis elbow
  - golfer's elbow
  - shin splints
  - stress fracture
  - tendonitis
- For each of the above state how they would be treated or rehabilitated.