

#### 4 COMMON SPORTING INJURIES OF LOWER LIMBS AND ITS MANAGEMENT

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Lower limb injuries are by far the most common injuries occurring in sports more so in all outdoor games. It is important to have a thorough knowledge of these injuries as also the anatomical structures involved in different types of injuries. Football, hockey, baseball, lawn tennis, badminton, volleyball, kabaddi, kho-kho and all sprinting events including long and high jumps as also all throwing events like discus and javelin cause a number of lower limb injuries, which need to be attended urgently and dealt in the most advanced scientific manner, so that recovery of the sports person is quick and complete. The availability of advanced investigating tools like MRI, CT-SCAN, ultrasonography, nerve conduction mapping

and arthroscopy has brought about a complete change in our understanding of the problem of lower limb trauma and has also dramatically changed the treatment protocol. The management of these injuries can be divided into on-field assessment, primary, secondary and tertiary level. This article will primarily deal with the different type of common lower limb injuries and its management protocol.