The Most Common Soft Tissue Injuries

**Sprains**
When you stretch or tear a ligament, you have a sprain. Your ankles, knees and wrists are the most susceptible to a sprain.

**Strains**
A strain occurs when you injure a muscle or tendon. A strain may just be a stretch, but can be as serious as a tear. They most often happen in sports.

**Contusions**
Contusion is the medical term for a bruise. It occurs when there is a blow to the body or a crushing type of injury, causing blood to pool under the skin.

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**Tendinitis**
There is a sheath that covers each tendon in your body. When the sheath becomes irritated or inflamed, you are said to have tendinitis.

**Bursitis**
Bursae are small sacs that are located between bones and soft tissue. That contain fluid and act as cushions. Inflammation of the sacs is called bursitis.

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