



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.

The Most Common Soft Tissue Injuries



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.



Learn more at:

[HSKPersonalInjury.com](https://www.HSKPersonalInjury.com)

HSK

HAWKINS SPIZMAN KILGO