

# Lacrosse Common Injuries

## Physical Therapy in Corpus Christi for Lacrosse

Humpal Physical Therapy & Sports Medicine Centers has helped many athletes recover from injury and return to their sport as soon as possible. Correct treatment of an acute injury will minimize recovery time and help to avoid an injury becoming chronic. Humpal Physical Therapy & Sports Medicine Centers can also help you prevent re-injury by teaching you how to maintain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for lacrosse equipment selection.

Lacrosse is a rapidly growing sport in terms of participation. Men's lacrosse is considered a contact sport; body contact is allowed and is part of the game tactics. Women's lacrosse is considered a non-contact sport and any contact that does occur is only incidental. That being said, a number of common injuries do occur in both men's and women's lacrosse as a result of contact with a player, another stick, or the ball. Overuse injuries are less common than acute injuries, although they do still occur. As with any sport excessive training and competition along with using poor equipment can lead to overuse type injuries. Common lacrosse injuries include:

- Rib Fracture
- Low Back Pain
- Shoulder Subluxations
- Shoulder Separations
- Clavicle (Collarbone) Fractures
- Quadriceps Strain
- Hamstrings Strain
- ACL Ligament Tear
- Medial Collateral Ligament Sprain
- Shin Splints
- Ankle Sprain