

Common Injuries

Body & health

The injuries that actually occur, and what the first response is.

Educational reference. Severe pain, deformity or inability to bear weight needs medical assessment.

Injury	Typically	First response
Ankle sprain	Rolling outward	Protect, ice, gentle movement early
Hamstring strain	Sprinting, sudden stretch	Rest briefly, then progressive loading
Runner's knee	Overuse, load spike	Reduce volume, strengthen hips
Tennis elbow	Repeated gripping	Load management, eccentric work
Rotator cuff	Overhead repetition	Reduce overhead, strengthen
Shin splints	Rapid mileage increase	Cut volume, check surface and shoes

Most of these are load errors — too much, too soon. Progression is the prevention, not equipment.