

Five Things to Know About **LOWER EXTREMITY SPRAINS AND STRAINS**

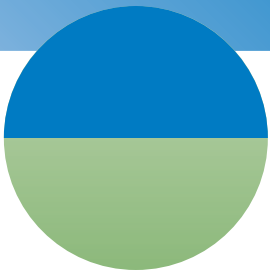


Sprains are a **stretch and/or tear of a ligament**, the tissue connecting two bones.

Strains are a **twist, pull and/or tear of a muscle or tendon**, tendons connect muscles to bone.



50% of all sports injuries occur in the lower extremities.



Hip/thigh muscle strains and sprains are the **fourth most common high school injury**.



Hamstring strains are the most common injuries in athletics.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.