

# Common Basketball Injuries Seen in Players



Basketball is a type of contact sport that requires players to run, jump, and twist too often. Just like other sports, athletes engaged in playing basketball are also at risk of getting injuries. It won't be wrong to say that musculoskeletal injuries are commonly noticed in athletes. Hence, basketball players are also prone to developing such types of injuries. In most severe cases, fractures are noticed and sometimes, orthopedic implants are required to be used for their treatment.

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In this post, we will have a look at some of the common injuries faced by basketball players.

## What Are the Most Common Basketball Injuries?

### Injuries to Foot and Ankle

Present in the lower extremity of our body, foot and ankle injuries are more commonly seen in basketball players. The reason behind this is frequent running and jumping movements. These movements put the ankle joint under a lot of stress and over time, stress fractures may occur.

Sometimes, ankle sprains are also seen in basketball players. As a result, the injured player is required to seek medical attention and rest until the injury heals. If ignored, more serious complications may be on the cards.

## **Knee Injuries**

Knee injuries in basketball players occur as a result of a sudden change in direction while running. Twisting of the knee joint is among the common causes of ligament tears. In some cases, such injuries are severe and may keep the player away from sports for weeks or months.

Another reason why knee injuries are commonly seen in basketball players is the frequent jumping and running required by catching and throwing the ball. Mild injuries like sprains and strains are more commonly seen.

## **Hip and Thigh Injuries**

The movements that result in knee, foot, and ankle injuries also cause hip and thigh injuries. Sudden twisting while running is also a reason for hip injuries in basketball players. Above all, overextension and trauma also cause hip and thigh injuries. A high-energy collision between players can even result in hip fractures.

Sports injuries cannot be prevented but regular stretching and strengthening exercises can minimize the risk of the same.

## **Hand and Wrist Injuries**

When compared to injuries that occur in the lower extremity, hand and wrist injuries are less common but, they do occur. Quick passing of basketball between players is required and this activity can jam fingers and even cause finger fractures if the ball is misjudged.

## **Head, Neck, and Back Injuries**

These types of injuries are least common in basketball players but, they may occur sometimes. The Head is prone to get injured as no protective headgear is used. While on the other hand, back injuries may occur due to frequent or sudden twisting, bending, & pivoting movements. Above all, a jerk while jumping, running, or changing direction may cause neck injuries.

In all cases, proper medical attention is required to get the right diagnosis done and receive the right treatment.

For the content source, contact Siora Surgicals Pvt. Ltd., an experienced orthopedic device manufacturer in India. Whereas, if you are looking to be a part of an international medical exhibition, visit the [Medical Expo Trade Show Argentina](#) from 21 to 23<sup>rd</sup> September 2022.

## **Contact Information**

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**Source:-** <https://writeupcafe.com/common-basketball-injuries-seen-in-players/>