

Sports Rehabilitation: Common Conditions List

Musculoskeletal Injuries

1. ACL Tear (Anterior Cruciate Ligament)
2. MCL/LCL Sprain
3. Ankle Sprain
4. Hamstring strain
5. Quadriceps strain
6. Calf muscle strain
7. Achilles tendinopathy
8. Patellar tendinitis (Jumper's Knee)
9. Rotator cuff tendinopathy
10. Shoulder dislocation
11. AC joint sprain
12. Meniscal tear (knee)
13. Labral tear (hip/shoulder)

Overuse Injuries

14. Shin Splints (Medial Tibial Stress Syndrome)
15. Stress Fracture
16. Tennis Elbow (Lateral Epicondylitis)
17. Golfer's Elbow (Medial Epicondylitis)
18. Runner's Knee (Patellofemoral Pain Syndrome)
19. IT Band Syndrome
20. Plantar Fasciitis

Neurological & Concussion-Related

21. Sports-related concussion
22. Brachial Plexus Injury (Burner/Stinger)
23. Nerve entrapments (e.g., Peroneal nerve injury)

Post-surgical Rehabilitation Cases

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- 24. ACL Reconstruction
- 25. Meniscectomy
- 26. Rotator cuff repair
- 27. Achilles tendon repair
- 28. Shoulder labrum repair

Biomechanical or Functional Conditions

- 29. Flat Foot (Pes Planus)
- 30. Hyperpronation
- 31. Muscle imbalance (e.g., weak glutes, tight hip flexors)
- 32. Poor posture affecting sports mechanics