

SPORTS INJURY CLINIC

Region	Clinical Condition
CNS	Sports related concussion
	Facial injuries
	Sports-related neck pain
SHOULDER	
	Rotator cuff injuries/ impingements
	Glenoid labrum injuries
	Instability
	Chronic ACJ
	Nerve entrapments
ELBOW/ARM	
	Extensor tendinopathy
	Medial pain syndromes
	Posterior pain syndromes
	Forearm stress #/ chronic compartment syndrome
WRIST/ HAND	
	De Quervains
	Flexor/ extensor tendinopathies
	TFCC tears
	Nerve entrapments/ impingements
THORAX	
	Chronic thoracic pain
	Costo-sternal / SCJ pain
LUMBAR	
	Pars stress #, Sports-related spondylolysthesis (not chronic mechanic LBP)
	SIJ disorders
BUTTOCKS	
	Chronic proximal hamstring tendinopathy
	Piriformis syndrome
HIP/ GROINS	Deep nerve entrapments
	Chronic strains/ tendinopathy/ bursitis
	Labral tears
	Stress #
	Neuropathies
“Snapping hip”/ Femoro-acetabular impingement	
THIGH	
	Chronic/ recurrent strains
	Myositis ossificans
KNEE	
	Chronic PCL/ACL (non-operative)
	PFS

	Patellar tendinopathy
	O-Schlatter/ SLJ
	ITBFS
	Chronic bursopathies
LOWER LEG	
	Stress #
	Periostitis
	CCS
	Achilles tendinopathy
	bursopathies
ANKLE	
	“difficult ankle after sprains” (impingements/ O-chondral lesions/ S tarsi, etc)
	Tendinopathies (med/ lat/ ant)
FOOT	
	Plantar fasciitis
	Stress #
	Tendinopathies (flexor/ extensor)/ enthesopathies
	Neuromas/metatarsalsalgia
SPECIAL POPULATIONS	
	Children/ elderly
	Women (esp Female triad)
	Disabled
	Chronic fatigue in athletes/ unexplained underperformance/overtraining syndrome