

Overview of the Major Causes of Injuries to Specific Structures

There can often be a wide range of predisposing factors, of which some are listed. These can include, lifestyle, environmental, emotional and physical.

Structure	Possible Causes & Pre disposing factors
Joint	Trauma either directly or via limb Muscle Imbalance When taken beyond its elastic or anatomical barrier
Muscle	Repeated overuse Direct Trauma Overstretched Poor Warm up Overloading of the muscle
Tendon	Overstretched / weak compared to muscle Poor warm up of muscle Friction Muscle Imbalance Overuse Ageing (degenerative changes) Direct Trauma
Tendon Sheath	Mechanical Irritation Friction against retinaculum as muscle is shortened/under tension Straining of ligaments - overstretching Direct trauma Degeneration
Ligament	Overstretched/Torn Joint taken beyond its Elastic barrier Weak surrounding muscles
Bursa	Friction Direct Trauma Bleeding into bursa Muscle imbalance Compression
Capsule	See Joint
Meniscus	Trauma especially with a rotational component Poor Gait/foot mechanics Muscle Imbalance
Nerve	Direct trauma Compression (muscle, bone, inflammation, growth, degeneration) Overstretched Muscle spasm