

Common Injuries of the Weekend Athlete

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KEYWORDS

• Athletic injuries • Weekend warrior weekend athlete • Diagnosis • Treatment

KEY POINTS

- Unlike previous generations, many patients remain in a wide variety of athletic activities later into their lives, some well beyond retirement.
- As the population ages and their activities continue, they are subject to injury of various forms, affecting all aspects of their bodies.
- Injuries to those involved with athletic endeavors or others with limited exposures are relatively common and seen extensively by practitioners with office-based practices.
- Early and accurate diagnosis coupled with relatively simple but timely treatment can make all the difference in returning these weekend warriors to their favorite avocational activities.

INTRODUCTION

Weekend athletes can be defined as individuals who engage in physically demanding recreational sporting activities typically on the weekends despite minimal physical activity during the work week.¹ These are individuals who jump into a high-intensity workout regimen or a new sport without the proper preparation, leading to an increased risk of injury. Weekend athletes lack the time and resources that are normally allocated to elite athletes. Although elite athletes continuously strive to meet a perfect standard both mentally and physically, weekend athletes perform solely for pleasure. These limitations affect their ability to warm up adequately, maintain proper form, avoid fatigue, and in some instances have suitable fitting or working equipment. All of these issues can singly or in combination lead to injury.

Because these weekend athletes often are seen first in a primary care setting with their musculoskeletal injuries and complaints, primary care providers must be able to diagnose and manage many common upper and lower extremity injuries and know when to refer severe injuries to specialists. The following types of injuries are typical

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Weekend Athletes Injury Guide

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