



Types of

JOINT INJURIES

Joints are located where 2 bones come together. Your joints are a complex combination of tissues that allow for movement and support. Harm to any of these tissues can result in loss of movement and pain. Use this quick guide to learn about the 2 main types of joint injuries.

Joint injuries can happen suddenly, such as a twisted knee during a ski accident. They can also happen over time as you repeat certain motions over and over.

- **Acute injury:** This is a sudden injury, often caused by an accident such as a fall. Think of a twisted ankle, sprained knee, or dislocated shoulder. This type of injury may be marked by:
 - > Pain that starts right away, or
 - > Pain that peaks in the first hours or days after the injury
 - > Swollen, stiff, and discolored joint
 - > Joint weakness or instability
 - > Loss of range of motion and/or strength

- **Overuse injury:** This type of injury is caused by placing too much stress on a joint again and again. This could happen during exercise or sports. Or it could happen at work. Any activity that you do too often, for too long, or with poor technique could lead to an overuse injury. This type of injury may be marked by:
 - > Tenderness or pain when you move the joint
 - > Stiffness and swelling
 - > Weakness
 - > Loss of strength and/or range of motion
 - > Trouble using the joint

Your health care practitioner can outline a treatment plan specific to your needs. This plan can include treatment to reduce pain and accelerate healing. It may also include rehabilitation and at-home exercises to help prevent reoccurrence.

Ask your health care practitioner if there are any tests, referrals, or treatments that might be helpful to use along with your current treatment plan. Other treatment options may include the following: chiropractic services, physical therapy, acupuncture, massage therapy, nutritional services, medicines, naturopathic services, and other services (such as occupational therapy).