

<b>CHAPTER 10</b>	<b>Thought Lab 10.2 : Injuries Related to Athletics</b>	<b>BLM 10.2.1</b>
<b>HANDOUT</b>		
<b>Purpose:</b> Research the nature of athletic injuries and evaluate their treatment.		

### Procedure

- Select one of the athletics-related injuries listed below.
  - baseball finger
  - blocker's arm
  - charley horse
  - compartment syndrome
  - pitcher's arm
  - pulled groin
  - pulled hamstrings
  - rider's bones
  - rotator cuff injury
  - shin splints
  - tennis elbow
  - tennis leg
- Research the injury you selected, as well as ways that this injury and most other common muscle injuries can be prevented. (Start with index and search-engine keywords related to exercise, warming up, and conditioning.)

### Analysis

- Using a suitable medium and format, outline the nature, cause, treatment, and prevention of the injury you selected.
- The phrase "no pain, no gain" is sometimes used in fitness and bodybuilding classes. Evaluate the use of the phrase and the potential effects on the health of the people who follow this advice.