

# Introduction

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In addition to a clinical assessment, an understanding of the biomechanics of injury associated with sporting activity can facilitate diagnosis, treatment and management of the patient according to their competitive level and recovery goals. This chapter aims to provide a brief clinically directed overview of selected common injuries, with the examples associated with a wide variety of sports.

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Revision #1

Created 2025-12-31 15:14:56 UTC by Omar Ayman

Updated 2025-12-31 15:14:56 UTC by Omar Ayman