Sports Medicine I Review Notecards

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| Injuries | Muscles |
| Turf Toe | Tibialis Anterior |
| Arch Sprain/Strain | Peroneus Longus |
| Medial Ankle Sprain | Peroneus Brevis |
| Lateral Ankle Sprain | Soleus |
| High Ankle Sprain | Gastrocnemius |
| Metatarsal Stress Fracture | Tibialis Posterior |
| Achilles Tendon Strain | Flexor Digitorum Longus |
| Achilles Tendinitis | Flexor Digitorum Brevis |
| Achilles Tendon Rupture | Flexor Hallicus Longus |
| Medial Tibial Stress Syndrome | Rectus Femoris |
| Anterior Compartment Syndrome | Vastus Lateralis |
| MCL Sprain/Tear | Vastus Medialis |
| LCL Sprain/Tear | Vastus Intermedius |
| PCL Sprain/Tear | Biceps Femoris |
| ACL Sprain/Tear | Semimembranosus |
| Medial/Lateral Meniscus Tear | Semitendinosus |
| Osgood-Schlatter Syndrome | Gluteus Maximus |
| Chondromalacia | Gluteus Medius |
| Patellar Tendinitis | Gluteus Minimus |
| Quad Contusion | Pectineus |
| Quad Strain | Adductor Brevis |
| Hip Pointer | Adductor Magnus |
| Adductor Strain | Adductor Longus |
| Hamstring Strain | Gracilis |
| Hip Flexor Strain | Sartorius |
| Femur Fracture | Iliopsoas |
| Hip Fracture | Flexor Digitorum Profundus |
| Hip Dislocation | Flexor Digitorum Superficialis |
| Bursitis | Flexor Pollicis Longus |
| Phalanx Dislocation | Flexor Carpi Ulnaris |
| IP Joint Sprain | Flexor Carpi Radialis |
| Metacarpal Fracture | Extensor Digitorum |
| Carpal Fracture | Extensor Pollicis Brevis |
| Carpal Dislocation | Extensor Pollicis Longus |
| Wrist RCL Sprain | Abductor Pollicis |
| Wrist UCL Sprain | Extensor Carpi Ulnaris |
| Carpal Tunnel Syndrome | Extensor Carpi Radialis |
| Wrist Flexor Strain | Pronator Teres |
| Wrist Extensor Strain | Pronator Quadratus |
| de Quervain’s Tenosynovitis | Forearm Supinator |
| Golfer’s Elbow | Brachioradialis |
| Tennis Elbow | Biceps Brachii |
| Elbow UCL Sprain | Triceps Brachii |
| Elbow Hyperextension |  |
| Elbow UCL Tear |  |
| Elbow Fracture |  |
| Forearm Fracture |  |
| Elbow Dislocation |  |
| Elbow Bursitis |  |
| Ulnar Neuritis |  |