

Common Athletic Injuries

Note: The information on this website is strictly for informational purposes. It is NOT meant as, nor should it be used as, a substitute for appropriate medical care. Consult your athletic trainer, physician, and/or appropriate health care provider for questions, proper injury evaluation, and/or treatment.

- [Ankle Sprains](#)
- [Concussion](#)
 - Currently at Notre Dame, we use ImPACT (www.impacttest.com) to baseline our student-athletes. ImPACT provides **computerized neurocognitive assessment tools and services that are used by medical doctors, psychologists, athletic trainers, and other licensed healthcare professionals** to assist them in determining an athlete's ability to return to play after suffering a concussion. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.
 - All student-athletes that participate in a sport that is considered Contact or Limited-Contact (according to the American Academy of Pediatrics) are baseline tested.
 - **Contact:** Basketball, Cheerleading, Diving, Field Hockey, Football, Ice Hockey, Lacrosse, Soccer, and Wrestling
 - **Limited-Contact:** Baseball, Softball, Track- field events: high jump and pole vault
 - **Non-Contact:** Dance, Track- field events: discus, javelin, shot-put, Golf, Swimming, Tennis, Track/ Cross-Country
- [Growth plate Injuries](#)
- [Knee Conditions](#)
- [Muscle Strains](#) (a.k.a Muscle Pull)
- ["Shin Splints"](#)
- [Shoulder Conditions](#)