

Direct Injuries are  
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Sporting examples  
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Indirect Injuries are  
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Sporting examples  
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Overuse Injuries are  
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Sporting examples  
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Classification of Sports Injury

Hard tissue Injuries are  
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Sporting examples  
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Soft Tissue Injuries are:  
Stages of the inflammatory response:  
RICER  
NO HARM  
Proprioceptors / progressive mobilisation  
When to use heat and cold