OVERVIEW

Soft tissue injuries include strains, sprains, tendon ruptures, and contusions, which are commonly caused by abrupt or repetitive movements. These injuries are a significant problem in many sports, particularly in contact sports like football, basketball, and soccer. The rate of injuries can vary widely, with some studies reporting a high incidence of injuries in certain positions or activities.

HISTORICAL PREVALENCE

The incidence of soft tissue injuries has been studied extensively over the past few decades. Early research focused on the identification of risk factors and the development of preventive strategies. Recent studies have emphasized the importance of individual player factors, such as conditioning and technique, in reducing the risk of injury.

HOW IS IT MEASURED

In recent years, the incidence of soft tissue injuries has been measured using a variety of methods, including surveys, observational studies, and experimental analyses. These methods have allowed researchers to identify risk factors and to evaluate the effectiveness of preventive strategies.

REFERENCES
