Sudden soft-tissue injuries include environments where the sudden onset of the problem must be met. They are characterized by the rapid onset of symptoms, often with a sudden loss of function. Sudden soft-tissue injuries can affect joints, tendons, ligaments, muscles, and nerves, causing pain, swelling, and reduced movement.

**OVERVIEW**

Sudden soft-tissue injuries can be classified into two main categories: those that occur due to traumatic events and those that result from disease or degeneration over time. Traumatic injuries are often caused by sudden forceful movements or accidents, while degenerative injuries are typically associated with aging or chronic overuse.

**HOW IS IT MEASURED**

Some injuries are measured based on the extent of tissue damage, while others require more detailed assessment. Common methods include imaging techniques like X-rays, MRIs, and CT scans, as well as clinical examination to assess range of motion and strength.

**REFERENCES**


The precise cause for an injury is often multifaceted, and understanding the underlying mechanisms is crucial for effective management and prevention.