



**MOTION IS
MEDICINE**
SPORTS MEDICINE

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COMMON JUDO INJURIES

- Most common mechanism of injury involves being thrown.
- Knee injuries are the most common injury in judo due to quick changes of direction, repeated falling and constant physical contact.
- Other common locations where injury occurs include shoulders and fingers.
- Types of injuries include: sprains, strains, abrasions, and contusions.
- Severe injuries are rare and include fractures and dislocations as well as damage to the brain and spinal cord.



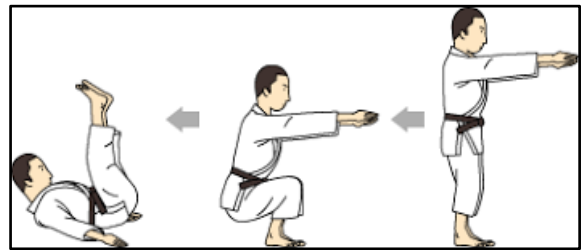
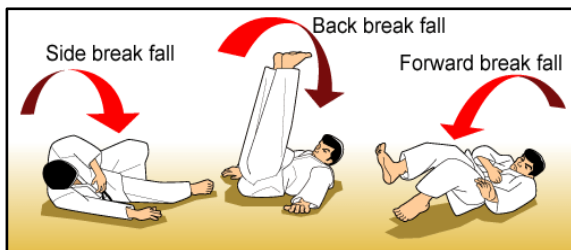
Treatment Options

- Treatment for acute injuries includes following the PRICE/EMM principles.
- Taping/ bracing may be required for a short time to allow for proper healing.
- Ligament and tendon injuries may be more severe and require additional modalities to manage. Including:
 - Osteopathic Manipulative Therapies (OMT)
 - Regenerative Injection Therapies (RIT)
 - Formal Physical Therapy.
- Some injuries may require surgical intervention, although this is rare.



Preventing Injury

- Frequent break-fall training to learn proper technique and distribute the forces from falling.
- Long-term resistance training, focusing on upper body strength AND flexibility.
- Always practice using high quality equipment including soft-protective headgear, which prevents head injuries and cauliflower ear, as well as proper floor padding to help absorb impact when falling.



Our staff at **Motion is Medicine** are readily available to help you no matter your injury. We want to help you get back on the mat better and stronger than before! After a thorough assessment we will guide and direct you through an individualized treatment plan for your injuries including such modalities as osteopathic manipulative treatment, concussion management, regenerative injection therapy (such as prolotherapy, platelet-rich plasma or stem cell). We also have a variety of taping/bracing equipment available in-clinic if necessary. Any questions? Please reach out and we will be happy to help direct and assist you every step of the way!

Document created by Rozen Gilerman, OMS-IV and Corey Sheremeto, OMS-IV; August 2021