**What If Scenarios**

**Chapter 1: The Concept of Sports Injury**

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| What If:  1: A father asks you about the most common injuries in girl's basketball because he has read that females seem to have a much higher risk of injuries to their anterior cruciate ligaments. What would you tell him? |
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| 2: A mother, whose 14-year-old son plays club tennis, asks you to advise her on how she can assist her son in avoiding overuse injuries to the rotator cuff in the shoulder or involving the elbow (tennis elbow). |
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| 3: A student athlete asks you to explain the difference between a subluxation and a luxation of a joint. |
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| 4: A student athlete asks you the classification of her three favorite sports, for example, softball, golf, and soccer. |
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| 5: A parent asks you for advice about which high school sport is the safest for his daughter. Based on available data, what would you tell him? |
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