Sports injuries of the hip and knee joints can be very diverse. A distinction must be made between acute and chronic injuries.

In Belgium, acute injuries of the hip joint are not well known because they are often very sport-specific.

On the other hand, chronic injuries of the hip are more common and are often related to overuse.

The most frequent acute injuries of the knee are: torn meniscus, cartilage damage, an anterior cruciate ligament rupture, and patellar dislocation.

Chronic knee injuries are also frequent and are better known as tendinitis.

On this site, you will find an overview of the various sports-related conditions that one can sustain in the hip or knee joint.

In addition, the various treatment options will be discussed.