

Examples of specific events, series of events, external force or resistance are given below.

Scenario	Analysis
Helen turns her head to talk to someone behind her and injures herself when she hits her face on an open window frame	The facial injury is caused by a specific event
Steve drives long distance in a car and develops chronic muscular pain	There is no identifiable specific event or series of events that occurred on the journey and could have caused the pain
When Gill is out jogging she slips on loose gravel and falls, hitting the ground	The impact of hitting the ground is the specific event
Jim goes out running and sustains sudden ankle pain and is diagnosed with an ankle sprain	The cause of the injury was of a repetitive nature occurring over a short period of time. This is a series of events
Brent gardens for an hour or so. Later that evening his back feels sore	Medical opinion confirms that bending over and digging the garden caused his muscle strain. This is a series of events
Michael goes go-kart racing for four hours one night. During the course of the night his go-kart is hit from behind many times, and by the end of the night he has a sore back	The back pain is the result of repeated impacts to her back. This is a series of events
Jack is climbing a ladder and reaches for the rung above. His hand slips, hitting him on the nose	The contact from his hand is the external force
Bernard sprints down a field. His leg gives way due to his Achilles tendon rupturing	The ground provides the external resistance
Jackie is diving and ascends too quickly. The pressure ruptures her eardrums	The change in pressure is the external force
Bob, a mechanic, is working with a pressurised grease gun. He accidentally sprays himself with grease, which penetrates his skin and he develops a rash	The grease at high-pressure is the external force
John spends a day skiing. His ski boots are tight, causing a blister	The external force is the resistance of the boot rubbing against his foot
Cynthia is playing indoor netball. She catches the ball, turns, and twists her knee, rupturing her cruciate ligament	The resistance offered by the ground as her foot is held against the turning movement of her body transfers pressure to her knee, causing rupture of her ligament. The external resistance is provided by the ground
Raymond was hit in the jaw by a rugby ball and bit his tongue	The tongue laceration was caused by the external force provided by the rugby ball
Amanda goes for a six-day tramp and sees a doctor when she gets back about a swollen	The doctor confirms that the injury to her knee was caused by her foot repeatedly hitting the ground during

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knee	the tramp. This is a series of events
Zoe gives birth to a baby. During the course of the birth she sustains trauma to her birth canal from the baby's passage	The trauma to the birth canal does not result from the application of force or resistance external to the body
George has a coughing fit. As a result of this coughing he sustains a hernia	This injury does not result from the application of force or resistance external to the body
David bites his tongue while having dinner	The force of the teeth biting is internal. This is not considered external force or resistance
Carol is sitting in a chair. When she gets up to answer a telephone she feels a sharp back pain	Rising from the chair is a bodily movement against gravity. The person's injury can be attributed to a force or resistance external to their body
Victoria strains her neck when raising her arm to put on a jersey	Raising the person's arm is movement against gravity, which is the external force or resistance causing the injury