

Sports Injury and Precautionary Measures

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I. INTRODUCTION

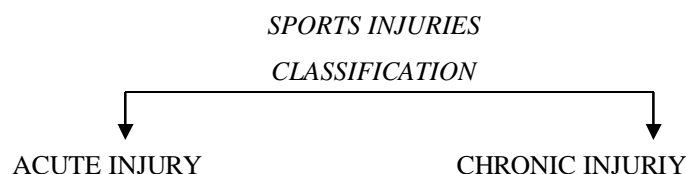
Sports injuries are harmful to living in athletic activities. Like that injuries may be by accidents, improper training technique and lack of qualities equipment and overuse of a particular body part. 30 million adolescents and younger's are participate in some of sport organized. The same problems or injuries occurred about 3 million, 14 years children's under sports injuries yearly by lack of time involvement in the sport. The major reason of death involving sports related injuries, although rare, is brain injuries.

When injuries are occurred they affected main two major bodies internal parts are the nervous and vascular system. The beginning in the body where numbness and tingling occurs into sports practices is common the first symptom of the body was impacted. When sportsman displeasure of numbness and particularly tingling the key to a diagnosis is to obtain a detailed history of the athletes acquired symptom perception. In this time find the injury and its processes on the body . and start the primary treatment method.

The first thing is process to experiment what particularly happened in the body and standing effects most medical professionals choose a method of technological medical methods to acquire a likely solvents to the place of injury. We can reduce the injuries by taking the prevention. The main important to establish participation in warm-ups, stretching and exercises that centering on main muscle groups usually used in the sport of interest.

Also creating an injury prevention program act like a team , which have a part of education on rehydration, nutrition, supervising team members "at risk", supervising behavior, skills and techniques . Season study reviews and preseason screenings are also beneficial reviews for preventing player sport injuries. One particular method used in the process of preseason screening is the functional movement screen.

The structural movement screen can assess movement patterns in athletes in order to find the at risk players. Some selected researches shows that sports injuries levels of anxiety, stress, and depression are elevated. A research study in 2010 found that athletes with severe sports injuries would display higher levels of post-traumatic distress and the higher the levels of post-traumatic distress are linked with avoidant coping skills.



Injury for the first time due to twists, collisions and which happens suddenly are called acute injuries.

Chronic injuries are cause due to day by day impact gradually.

Healing in acute injury is very fast but in chronic injury the athlete approaches the doctor at a later stage and healing becomes difficult.

II. FUNCTIONAL CLASSIFICATION OF SPORTS INJURIES

Skin Injuries	Soft tissue injuries	Bone Injuries	Overuse injuries	Thermal injuries	Others
<ul style="list-style-type: none"> • Abrasion • Laceration • Incision • Blisters • Punctured wounds • Avulsion • Sunburns • Frostbite • Callus • Fungal infection 	<ul style="list-style-type: none"> • Contusion • Strain • Sprain 	<ul style="list-style-type: none"> • Contusion • Fracture • Dislocation 	<ul style="list-style-type: none"> • Tendinitis • Periostitis • Teno preciosities • Bursitis 	<ul style="list-style-type: none"> • Heat cramp • Heat exhaustion • Heat stroke 	<ul style="list-style-type: none"> • Menstrual disorders • Brain injuries • Spinal cord injuries

SPORTS INJURIES A-Z

<ul style="list-style-type: none"> • Achilles Tendon Injury 				
<ul style="list-style-type: none"> • ACL Injuries • Golfer's Elbow • Muscle Strain • Shin Splints • Tennis Elbow 	<ul style="list-style-type: none"> • Ankle Injury • Groin Pull • Posterior Cruciate • Skier's Thumb • Turf Toe 	<ul style="list-style-type: none"> • Concussions • Hamstring Injuries • Ligament Injury • Tailbone Injuries • Workout Injuries 	<ul style="list-style-type: none"> • Dislocated Shoulder • Head Injury • Running Injuries • Tendon Injuries 	

III. PREVENTATIVE MEASURES IN SPORT INJURIES

No one wants to take time out from the sport they love because prevention is available all painful injury. The prevention is key to longevity, enjoyment and performance for professional and recreational athletes alike. There are so many easy methods we can take to avoid sports injuries, even though the principles are the same whether you're a keen cyclist, runner, skier, golfer or team sports player.

All physical activities can ache and cause damage to different body parts. Sports injury prevention is about trying to extenuate trauma to muscles, tendons, ligaments, joints, bones, and nerves when active. rehabilitative measures include: applying harmless activity practices, using safety equipment, tiring appropriate sports clothing and footwear, trying orthotics devices, awareness of hygiene and nutrition, going on sports training courses, attending sports clinics, and consulting physiotherapists about physical techniques. Like this prevention help budding sports persons discover unique fitness plans to develop overall wellbeing.

Here Are Our Top 10 Sports Injury Precautionary Tips:

A. Prepare Your Body for Exercise

Warm up your muscles and increase blood flow with light aerobic movements. You should also stretch the muscles to improve flexibility and help the joints move fully.

B. Get the Right Training To Your Sport

Improper technique can lead to stress on certain body parts, like your knees or your back, causing problems that could have been avoided.

C. Do Not Over-Reach Yourself

It is very important, while doing physical activities; you should know body condition and physical limits. When you begin a new sport, start as much as slowly and steadily to avoid pulling or straining muscles which your body may not be used over stretching. You have to take some strenuous exercise for some time, it is

especially important to build up your stamina and strength gradually. You will notice your fitness level of improvement, and you will be able to undertake physical activity for longer periods.

D. Wear Protective Equipment

Select the equipment that is proper for your sport, such as helmets, protective guards and supports, and suitable footwear.

E. Don't Add Affront To Injury!

If you're injured, don't believe the old adage that 'playing through the pain' is the answer. It's more likely it will worsen the damage or even cause a new injury, keeping you out of action for longer.

F. Make Adjustments for Environmental Factors

G. ... and Think about the Right Clothing and Hydration

Be aware of your body's reactions to extreme temperatures.

H. Take Enough Rest between Competitive Events

Give your mind and body a break and prevent fatigue from building up. Certainly you have to Ensure rest days during training.

I. Give Yourself The Right Fuel

Stay well hydrated with water and find the right balance of nutrients - such as proteins, carbohydrates and vitamins. This is crucial for health, energy and recovery.

Athletes partaking in different sports have unique health needs according to their physical and biological make-up. Consult a physician to discuss proper exercise and nutrition is necessary to maintain good health. The best trained sports coaches can also help athletes develop tailored diets to improve muscle development for their particular sport.

J. STAY Psychologically Strong

Be mindful that loss of concentration can increase the risk of injury, particularly in sports like distance cycling or running - which need sustained focus - or skiing, which needs intense concentration.

K. Cool Down

Once you're done, make sure to cool down to allow a gradual decrease in heart rate muscle strains and body temperature.

L. You're Not Alone...

There are multiple ways to help yourself stay active and injury-free, but you're not alone. Going to sports clinics and consulting physiotherapists about physical techniques to avoid injuries.

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