

Prevention of Sports Injuries



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Abstract

In last few decades sports have gained tremendous popularity all over the globe. The popularity of sportsmen is still increasing at a fast pace and this happy trend is likely to continue in the future also. Sports have become an important social and cultural activity of the modern world, which is being given the rightful place it deserves by the nations and societies of the world. There are many sports and games in this world and every sportsmen have courage to participate in the games and sports but the sports injuries retard and low there performance. Being a hockey player I also suffer from injuries during competition either fracture in right arm wrist due to collapse with opponent during junior national trials or hit with drag during penalty corner by Indian men's hockey team Drag flicker Gurjinder singh during senior National hockey tournament at Bengaluru 2012 on right side head wearing face mask .A step has been taken to educate the sports person to prevent injuries to performance well in the competition.

Keywords: Sports, Injuries, Hockey, Fracture, Face Mask and Performance.

Introduction

An injury is damage to our body and sports injuries are injuries that occur during sports activities. They can be simple to complex and affect activity performance .Many sports injuries take place due to direct hit, collision between players, friction with surface etc. Risk of injury may be reduced by taking proper measures.

Aim of the Study

The major aim of this study to educate the athlete to prevention injuries and perform well in games and sports.

Significance

My project will help in guiding the players/trainers/coaches and other staff to prevent the injuries to the players. This will also help to know the measures to prevent injuries and biomechanical reasons of injuries and this will suggest the coaching staff not to use particular movement during training and competition.

Review of Literature

Khanna and Jyaprakash (1990) have made a vast study on the injuries in Sports. According to them there has been a constant struggle by the sports physicians, coaches and sports scientist to prevent sports injuries. There is absolutely no doubt that many sports injuries can be minimized and prevented by following certain guidelines.

Kulund (1982) has mentioned in his study on the injuries in sports. He state that the athlete is generally a healthy and are motivated person. However an injury that might be insignificant to another patient may be a serious handicap to him and for this reason the sports physicians must appreciate the value the athlete places on sports. Depending upon his sport the athlete may avoid pain – producing activities by decreasing his mileage. With an injury to lower extremities he may stay fit by exercising. It may remember that the rehabilitation of an injured athlete is both physical and psychological.

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Study of sports injuries on net.

Prevention of Injuries

Hydration

Fluid intake is a critical factor. Poor hydration can lead to lethargy and premature fatigue which may result in minor injury problems. Although muscle cramps is not an injury but it may lead to severe injury due to Judgmental error and inadequate intake of fluid may cause fatigue judgmental most important to be fully hydrated prior to commencement of training or match play.

Warm Up

Warm up should raise the body temperature to the point where

the player is sweating slightly. The heart rate should increase, leading to more efficient blood flow. This result in more efficient blood flow to the working muscles and hence more efficient muscle function decreases the risk of injury. It should prepare the muscle closely as possible to the way in which they will be used in the game and to prepare the muscle for the strength, speed, co-ordination and endurance required.

Warm up prepare body to work at high speed to develop co-ordination and concentration. All of this allows for better execution of skills and decrease the risk of injury.

Cool Down

Cool down is designed to eliminate the residual waste products/lactic acid from the working muscles, when exercise is finished.

It should involve light work of all major muscle groups used in the game followed by Stretching exercises .It helps to minimize muscle soreness speeding recovery to performance level bring body to homeostasis and lower risk of injury due to fatigue etc.

Fitness Training

It is an integral part of overall training program. Statistics show that fitter player:

1. Suffer less from over use injury.
2. Generally recover more quick from injury
3. Often utilize more effective skill

Fitness programme should be developed to train the body for playing as we saw that there is introduction of synthetic surface in many games which require high level of fitness. They should be specific to the type of energy and strength requirement of the game. It is often of value to develop these programmes in conjunction with someone who has a solid background in fitness training.

Skills Training

Players with good skills tend to be more in control of their field of play and consequently less likely to be injured as a result trauma or by direct hit. Which often occur as a result of uncontrolled play there may be chances that poor skill training may lead injury to the other players and player himself.

Training and Playing Surfaces

There is no doubt that some injuries sustained by players can be related to training and playing surface like abrasion, laceration etc Overview injuries occur more frequently possibly because of the "grippiness" and poor shock absorbing characteristics of the surface. Training surface is free from any dangerous materials, there must be proper runway area from field or court.

The surface is evenly and thoroughly wet in case of synthetic surface for e.g. Field hockey.

Protective Equipment

You must set the ground according to rules, protective equipment required for different games and sports. They must fit and in good condition. Use of headgear in cricket, abdomen guard in different games, leg guard in hockey, gum shield in boxing etc.Equipment must be in good condition to prevent injuries For example

Worn shoes cause blister, corn, and callus and contribute to ankle injuries because they don't provide adequate stability and grip.

Rehabilitation of Existing Injuries

Injuries that are correctly diagnosed or injury take place during training or competition properly treated and fully rehabilitated. Return to training and playing can be rushed to the detriment of rehabilitation. The risk of re-injury in this situation is significant. Because that giving an injury a little longer to recover Fully fit often means less time lost through injury, because the player is fully fit on return to the game and there is less likelihood of ongoing injury problems.

Technique

Technique is the comfortable position of the body to play the game effectively to prevent injuries. So players should use proper technique for example use of pull shot in cricket.

Rules and Regulations

Rules and regulation must be strict in there implementation during the competition so that no one intentionally hurt the opponent, there must be penalties for the palyers.

Psychological Development

Psychological preparation of the player is also required to prevent injury to the opponent players and the player himself there must be psychological training for the players to control there emotion like aggression or fear to loose which may hurt other.

Biomechanical Technique

Athlete must know the biomechanical Reasons of walking, running, jumping, diving .Athlete must be fully aware about the movement of body during execution of skill, whether the movement stressed or restrict various part of body on particular movement.

Education

Educate the sportsmen about the injuries and the method of prevention on many occasions there are injuries on account of mismatch or ignorance. So it is the duty of coach and other supporting staff to educate the athlete about prevention of injuries.

Conclusion

As mentioned earlier injuries can be prevented by taking proper measure and if at all an injury take place athlete must treat it properly before returning to the training or competition so that injury may not affect their performance.

References

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