

Review Paper on Common Sports Injuries and Their Preventive Measure

Abstract

In today's world, everyone has a keen interest in playing games and sports. Whenever an individual get involve any kind of such physical activities the chances of injuries increases. Injuries are the part and parcel of games and sports. Moreover injuries are considered as an ornament for the players. A number of injuries can take place during games and sports. These injuries can be minor, major or of serious in nature that can lead to lifelong distance from games and sports. But it is necessary for every individual to be aware about the symptoms, causes and prevention of these injuries. This paper will review the general or common sports injuries.

Keywords: Injures, soft tissue, Strain, Fracture, dislocation Preventive Measures, Bone Joint etc.

Introduction

In games and sports, an individual meet many accidents, blows, trauma etc. that may cause injuries. For an athlete, Injury is also one of the parts of game and sport.

Sports Injury

Sports injuries are a condition when an individual meet an accident during practice or competition. Injury is a damage caused to any part of the body, externally or internally. Anybody can get injured while playing. Sports Injuries are found over soft tissuelike skin and muscles and over hard tissues like Bones, tendons, cartilages, etc. If proper medical care is provided immediately to the victim, the damage of injury can be minimized. The proper knowledge about management of injuries is known as FIRST – AID. All sports teachers, coaches, instructors, sports trainers should have the knowledge of first aid. Is immediate and temporary care given to the victim. The first objective of the first aid is to save life.

Types of Sports Injuries

Soft Tissues Injuries

These are those injuries that take place in skin and muscles.

Skin injuries

Abrasion

It occurs when an athlete get rubbed against any rough surface. In this upper layer of the skin get damaged.

Laceration

It occurs when an athlete come into contact with any sharp object like javelin, spikes etc.

Contusion

It occurs when an athlete get hit by any hard or blunt object like bat, etc.

Muscle injuries

Cramps

Cramp is inability of muscles to contract properly causing severe pain over affected part. It occurs due to over stressing, loss of body fluid, loss or lack of body salts or due to lack of proper warming up.

Strain

It is the injury of muscles which is caused by over stretching of muscles or due to violent pull. It causes acute pain around the affected part

Sprain

It is the injury of ligament or tendon around the joints. It occurs due to the overstretching of ligament or twisting of joint. Sprain is very painful and restricts the movement of joint.

Hard Tissues Injuries

These are those injuries that take place in Bones and its joints.

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Bone and Joint Injuries

Bone injury is a serious injury and it is very painful. If it is not handled properly, it may lead to permanent disability.

Dislocation

It is an injury of joint in which the adjoining bones are displaced from their actual position. It may be associated with sprain or fracture.

Fracture

In this injury bone break up by some external pressure. There can be a slight or complete breakage. Fracture can be simple or complicated. If not treated properly can lead to fatal results.

Aim of the Study

To illustrate the meaning of sports injuries, its types, what are the reasons behind it and how these injuries can be prevented.

Types of Fracture**Closed Fracture**

In this fracture broken bones remain inside the covering of the skin i.e., there is no open cut on the skin.

Open Fracture

In this fracture, there is cut over the skin by the sharp edges of the broken bone.

Complete Fracture

In this fracture bone totally breaks up into two or pieces.

Incomplete Fracture

In this fracture bone is cracked or partially broken.

Greenstick Fracture

This fracture is also known as Green stick fracture. In this fracture bone is bent with mild cracking.

Comminuted fracture

In this fracture bone is broken bone get crushed into many small pieces.

Impacted fracture

In this fracture broken bone is driven into another broken bone.

Stress Fracture

In this fracture bone is pressed from corners and it causes partial damage to bone.

Compound Fracture

In this fracture bone breakage of bone takes place along with dislocation.

Complicated Fracture

In this fracture bone is crushed, moreover damages the delicate parts of body by entering into them.

Causes of Sports Injuries

In causes, we will study about the reasons behind various sports injuries or under which circumstances these injuries take place. These reasons can be intrinsic (Internal) or extrinsic (External).

Internal Causes

Internal causes are those that come from within whether it is biological, physiological or psychological like:-

1. Lack of physical fitness.
2. Lack of warming up.
3. Any postural deformity.
4. Lack of concentration or poor concentration.
5. Unbalanced psychological behaviour, stress, anxiety or any emotional imbalance.
6. Aggressive or violent behaviour during play.

External Causes

External causes are those that involves outer sources like:-

1. Bad weather conditions during play.
2. Poor maintenance of playfield.
3. Failure of equipment.
4. Not wearing safety guards such as helmet, jaw guard, abdomen guard etc.
5. Non-qualified coaches or un-expert officials or absence of coaches.
6. Poor training methods.
7. Not following proper rules and regulations of the game.
8. Poor organisation or poor facilities.
9. Not following proper training principles.
10. Lack of proper infrastructural set up.

Prevention of Sports Injuries

Here are the following points regarding the prevention of sports injuries:-

1. By doing proper warming up and limbering down.
2. By doing proper medical check-up before play.
3. By paying proper attention and concentration while playing.
4. By using standard equipment.
5. By wearing proper safety gears.
6. By playing under expert supervision.
7. By following proper rules and regulations of the game.
8. By adopting proper principles of training.
9. By checking the playfield before play
10. By avoiding aggressive behaviour in game.

Discussion and Conclusion

Some minor strains and sprains can be prevented by warming up and conditioning. Simple accessories like taping, knees caps, bandages these are very useful in preventing the strain and sprain. Ice pack is also very useful and should be applied to effect area or injured area to minimise the swelling. In case of bleeding the wound is bandage before the stitching. It is very important to immobilise the injured part with splint and sling in case of fracture. The injured part should not be disturbed. Every sport persons should keep antiseptic lotion to remove any loose debris from the wound. From the above discussion, we can conclude that whenever an individual involve in any physical activity injuries will occur but by following proper preventive points we can minimise them and being aware about the management of these injuries we can heal up fast.

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