

Common Injuries in Sports

Abstract

Injury to the athlete is common in sports. Training is always associated with many injuries some of them have short term effect and some injuries may take long time recovery. 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. Sports injuries tend to result from a variety of factor. It is the damage to the parts of body during physical training, the injury to the athlete is due to poor training, poor protective equipments, poor nutrition, improper warming up, limbering down, poor techniques e.t.c. So it is important for Player, coaches or training staff to know about the common injuries of athlete treatment and rehabilitation properly to enhance the performance of athlete before returning in training.

Keywords: Injury, Athlete, training, nutrition, limbering, recovery.

Introduction

In present time Sports has achieved a tremendous popularity in world. Participation in sports may improve physical fitness self discipline, social discipline and provide opportunity to achieve high performance in competition to raise Nation. But participation in games and sports results in many injuries some may be minor or major and some may be resulting in lifelong medical problems. Sports injuries are commonly caused by wrong movements during training, overuse or stress, poor equipments etc. Injury can take place in any game and it damages any part of the body of athlete. Sometimes athlete hides his injury due to fear of dropping out from the competition. So it is important to know about common injuries take place during physical activity. Following are some common sports injuries.

Abrasion

In abrasion the skin is scrapped on account of friction or skin rubbed, with rough or uneven surface or skin comes into contact with surface especially over the area where the bone is very close to the skin e.g. Elbow and Knee.

Laceration

Laceration is the tearing , cut and wound of the skin . It is due to the sharp object or rough object hitting by force anywhere in body, it may be deep cut and bleeding may occur. Some time laceration may results in stitches.

Blisters

Blister is swelling of the skin with fluid in it. Blister occurs on account of friction from shoes or equipments results in bubble of fluid? Blisters are painful and can be dangerous if not treated.

Muscle Contusion

Direct blow, collision or hit to the muscle can lead to Contusion. Blood vessels in the muscle are broken there is pain along the muscle followed by bleeding from mild to servere. The area becomes stiff and difficult to contract. In severe injury the muscle becomes very tight and there is loss of function.

Muscle Strain

Muscle strain may be a mild pull to complete rupture of the muscle due to wrong body mechanics overstretched, repetitive movements or improper use of muscle. The athlete feels the pain, swelling in muscle, muscle weakness, inflammation of the muscle. In severe strain the muscle is completely ruptured, athlete is unable to contract the muscle.

Sprain

A sprain occurs due to over stretching or over extending, tearing of ligaments, falls or blow to the body. It is associated with pain, swelling, bruising, limited ability to move it depends on the severity of sprain. Sometime it is associated with fracture. It commonly occurs in ankle, knee, and wrist.



Mukesh Kumar

Physical Training Instructor,
Govt. Degree College,
Poonch, J&K, India

Shin Split

Generally it is discomfort in lower leg. It is due to Stress inflammation between the two bones in the lower leg . It is due to work out without warm-up, overwork, running on hard surface, improper shoes used during training ets,it cause stress on your shinbone. It is the pain along the lower 2/3rd of tibia.

Hemarthrosis of The Knee

A sever blow to the knee may tear the blood vessels of the synovial membrane, tendon and ligament got shrink, loss of range of motion and there is bleeding in the joint. The player should be seen immediately by a doctor.

Semilunar Cartilages

Semi lunar cartilages of the knee act as shock absorbers and facilitate the twisting movement of the joint. When knee is strongly rotated the tears of the cartilages take place. The knee might lock itself in flexion and there is swelling of the knee. One should not attempt to manipulate and reduce flexion. In the absence of flexion there may be a small or large swelling and the injured feels instability of the knee.

Shoulder Dislocation

Dislocation of joint means that one bone comes out of its retaining structure causing pain, deformity and disability. The shoulder dislocation the top bone (Humorous) spring out of its soft tissue ligament and its capsule. The shoulder is prone to this injury because it is such a loose and loose joint. In sports when any player fall down especially sideward by slipping suddenly or diving and whole body weight is on shoulder. resulting in dislocation of humorous bone of the shoulder. There is pain, instability in joint, lack ok movement in arm ets. Athlete is immediate seen by doctor.

Fracture

When bone is broke by direct hit, stress or fall is called fracture. There are many types of fracture occurred in sports i.e Simple fracture, complex fracture, multiple fracture, hair line fracture etc.

Muscle Stiffness

Muscle stiffness happens when muscle becomes very tight there is pain accompanied by cramp and there is difficulty in movement. It is due to hard strenous exercises with high intensity and duration which damage the muscle fiber. It is referred as onset of delayed muscle soreness.

Anterior Cruciate Ligament Injury (ACL)

One of the most common injuries to the knee is ACL. It occurs due to changing direction, stopping suddenly, and incorrect landing, due to collision with others. It is associated with pain and swelling in knee, loss of extension, inability to walk etc. The player should be shifted immediately for medication.

Aim of the Study

The aim of paper is to educate the Coaches, trainers and players about commen injuries in sports and if an injury takes place treat it properly before returning back in training. It properly before returning back in training.

Review of Literature

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.

William (1980) conducted a study regarding injuries in Sports. He states that the term Sports injury is something of a Misinform injury is the result of the application to the body or part of body of force, which exceeds the body's ability to adjust to them. These forces may be applied instantaneously or over a considerable period. The exact nature of the injury the tissue involved and the way in which the damage is sustained – depend upon the mechanism by which excess force is applied. The body is able to differentiate between different types of stress for e.g. the tissue response to the direct blow is different from that to a sudden stretch.

Dorman in (1981) states that the benefit of a sport depend upon effort to prevent and control injuries. These efforts depend on an effective accident data system entail the collection of valid and reliable data and material evidence which, if utilized properly can eliminate must potential accident hazard and minimize the consequences of these that do occur.

Prof Ajmer Singh , Dr Jagtar Singh Gill, Dr Jagdish Bains,

Dr Rachhpal Singh Brar “Essential of Physical Education in 2000. This book is organized in many chapters on Physical Education.

R. Gupta's Study “UCE NET Physical Education Book”

Conclusion

Sports injuries are commonly take place during physical activity due to many reasons i.e poor training, over use of muscle, equipments, aggressiveness of athlets, direct blow, collision and rough surface etc. Injury is the part of game the part we can't stop injuries but minimize them ,so it is important to locate common injuries to athlete, reason for injury, there treatment and proper rehabilitation, because sometime most of athlete avoid minor injuries that may have long time harmful effect on there efficiency. This paper help Coach, Trainers and Athlete to know about common injuries and its harmful effect.

References

Williams G.P. (1980), “Injuries in Sports”

Kulond N. Daniel (1982), “The injured Athlete”

Darmon L.F (1981) “Injury Surveillance System for Sports.”

Prof Ajmer Singh , Dr Jagtar Singh Gill, Dr Jagdish Bains,

Dr Rachhpal Singh Brar “Essential of Physical Education”

R. Gupta's Study “UCE NET Physical Education Book”

“Study on Internet”