

## **Sports injuries:**

Sports injuries are injuries that happen when playing sports or exercising. Sports injuries result from acute trauma or repetitive sports associated with athlete's activities. Sports injuries can affect bones or soft tissue such as ligament, muscle and tendons.

### **Definition:**

Sports injuries are injuries that occur to athletes in major sporting events. In many cases, these types of injuries are due to over use of the body when participating in a certain activity. In fact there is no sport whether amateur or professional where injury does not occur. For example runners' knee is a painful condition generally associated with running, while tennis elbow is form of repetitive stress injury at the elbow.

- **ATHELETIC INJURY:**

In many cases an athletic injury is defined as some physical damage or insult to the body that occur during athletic practice or competitions causing a resultant lose impairing performance.

- **CAUSES OF INJURY:**

The risk of injury accompanies participation in almost all sporting activities. As the number of participants in both competitive and recreational sports has increased, there has been a corresponding increase in the number of injuries. Most sports injuries are caused by following factors:

1. **Lack of pre-participation screening or medical checkup.**
2. **Athletes strives the excellence in sport.**
3. **Poor coaching or coaching error.**
4. **Lack of conditioning.**
5. **Improper use of equipment's.**
6. **Inadequate or poorly maintained facilities.**
7. **Sports person's psychological considerations.**
8. **Inadequate first aid care.**
9. **Inadequate rehabilitation.**
10. **Premature return to participation after injury.**

**1. Lack of pre-participation screening or medical checkup:**

A pre-participation physical and medical examination should be done on all trainees or athletes, if they are not qualified on physical and medical examination, must be given some remedial exercise for physically fit and given the chance to participate the events or otherwise injuries may occur.

**2. Athletes strives the excellence in sport:**

Athlete strives the excellence in sport: In many cases athletes are try to give best performance on his event for that reason they try to give maximum stress on his body as a result injury may occur.

**3. Poor coaching or coaching error:**

Poor coaching or coaching error : Most sports or athletic training programs do not have the services of a physician or expert trainer at the games and practice session for that reason coaching quality and control of team co-ordination disrupted, so injury may occur on some times .

**4. Lack of conditioning:**

A conditioned trainee or athlete enhances his or her performance, decrease the risk and severity of injury to occur and may be able to return activity sooner after injury than a non-conditioned athlete. So lack of proper conditioning or fitness is the reason of injury.

**5. Improper use of equipment:**

Use of improper equipment injury may occur. If the equipment's are not fit or at the using time it's broken down for that reason injury occurs. For example – a running shoe that still looks good after running 2 month but in the practice session nail break down and ankle sprain that derived to injury.

**6. Sports persons psychological consideration:**

If trainee is not mentally prepared or the lack of mental preparation, self-confidence, athletes may be afraid of re-injury, communication between the coach and trainee, highly motivated, anxiety level down or up words of practice session for that reason injury occurs and performance disrupted

**7. Inadequate rehabilitation:**

Once an injury has been recognized and properly treated the next step is to rehabilitate the injured part to a point that allows the player or athlete safe return to the sport otherwise when athlete performed without proper rehabilitation, injury may occur .

## ❖ PRINCIPLE OF INJURY MANAGEMENT:

Injury management primarily focuses on early reporting, rehabilitation and return to work strategies, all designed to assist the injured person make an easy and safe return to the previous position. The key process includes –an Injury, a return to work program and a personal injury plan. Management Programmed Injuries are.....

- **Major injuries.**
- **Minor injuries.**
- **Bone injuries.**

### ▪ PRINCIPLE OF MAJOR INJURIES:

Immediate management of abrasions, lacerations and incisions is the same with the following measures to be taken:

- Clean the affected part with soap and the water.
- Apply antibacterial scrub.
- Depending on the condition of the injury, use a soft brush for cleaning.
- Apply antiseptic lotion on the wound.
- Cover with sterilized dressing material.
- Keep the wound with dressing ointment on during activity.

### ▪ PRINCIPLE OF MINOR INJURIES

The immediate treatment for almost all athletic injuries is the same, whatever pulled a muscle, strained a ligament, broken a bone. It is a four part program that can be followed by seeking a physician's advice and is abbreviated P.R.I.C.E.R and T.O.T.A.P.S.

- **P. R.I.C.E.R means.....**
- ✓ Protection
- ✓ Rest
- ✓ Ice
- ✓ Compression
- ✓ Elevation
- ✓ Rehabilitation/Referral

- **Protection:**
  - ✓ Protect the injured part
  - ✓ To prevent further injury
  - ✓ Makes the injured athlete comfortable
  - ✓ Pain and apprehension
  - ✓ Brace, splints, sling, and tape
- **Rest:**
  - ✓ Rest to the injured part
  - ✓ Decrease pain, swelling
  - ✓ Helps natural healing – in undisturbed condition
- **Ice:**
  - ✓ Ice pack – crushed ice in plastic bags
  - ✓ Cryo-packs
  - ✓ Ice bandaging
  - ✓ Not directly on skin
  - ✓ Local temp, swelling, pain
  - ✓ Bleeding & helps faster healing
- **Compression:**
  - ✓ Elastic bandaging.
  - ✓ Swelling & pain.
  - ✓ Facilitates healing.
  - ✓ Not too much and not for too long.
- **Elevation:**
  - ✓ Elevation of injured part on pillows
  - ✓ At or above the level of heart
  - ✓ swelling & pain
- **Referral:**
  - ✓ Refer to qualified sports experts for diagnosis and definitive treatment.

Inflammation is characterized by pain swelling, heat, redness and a loss of function .The inflammatory stage is therefore the first phase of healing. So that the overall healing process is accelerated. Because swelling usually starts within seconds of an injury, start RICE\_as soon as possible.

- **T.O.T.A.P.S:** All of the traumatic injuries cause damage to the cells that make up the soft tissues. So we can follow T.O.T.A.P.S to rehabilitates the dead and damaged cells release chemicals, which initiate an inflammatory response.
- **T- Talk:** Talk to yourself in positive way, give correct picture to the doctor, never hides fact, this will help get back into soon.
- **O-Observe:** *Observing* the situation with keen sense of understanding and keeping a constant watch over that is happening.

- **T-Touch:** Gently touch the injured part to see how it feels, this to help speed recovery.
  - **A-Active movement:** Make every possible attempt to engage in some sort of active mobility of the affected part of the surrounding area to ensure a better blood supply.
  - **P-Passive movement:** Passive movement is as important as the active one, as it is more soothing and relaxing physically and mentally.
  - **S-Skills test:** When the situation permits, do some skills testing so as to see how far you have progressed on the road to recovery. It is certainly motivating.
- **Immediate healing the sportsman on sports field to avoid HARM.**
- **No Heat-**Heat increases the bleeding at the injured site. Avoid hot bath and showers, hot water bottles, heat pack.
  - **No Alcohol-** Alcohol increases bleeding and swelling at the injury site and delays healing. It can also mask the pain of the injury and its possible severity, which may result in the player not seeking treatment as early as they should.
  - **No Running :** Running or any form of exercise will cause further damage. A player should not resume exercise within 72 hours of an injury unless a medical professional says it is alright to exercise.
  - **No Massage :** Massage causes an increase in bleeding and swelling and should be avoided within 72 hours of the injury. If massaged within the first 72 hours, it may take longer to heal.