



Preventing sports injuries: Need for reconsideration of sports policy

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Abstract

Indian sports are always accused of lack of amenities to sports persons. A player's performances are hit by the injuries on & off the field. Player if not treated in time may succumb to persistent injury which might hamper his whole sport career. Some injuries are so persistent that a player is almost abandoned from the team. This might impact his psyche & he might feel let down. Hence sports policy with assurance towards treating the players with good medical care is needed. This paper reveals the causes of injuries, ways for treatment, & methods of avoiding injuries & recommends the formulation of an all-inclusive sport policy with integration of better treatment of injuries & securing the career of a player

Key words: *sports injuries, causes, treatment, avoidance, evolving an integrated policy.*

Introduction

Sport injuries are commonly caused by overuse, direct impact, or the application of force that is greater than the body part can structurally withstand. There are two kinds of sports injuries: acute and chronic. An injury that occurs suddenly, such as a sprained ankle caused by an awkward landing, is known as an acute injury. (Robinson, Brian. "Guidelines for Youth Sports Safety 2012).

There are several extremes as well as repeated overuse of muscle groups or joints in certain games which harm the potentialities of the player. Poor technique and structural abnormalities can also contribute to the development of

chronic injuries. Medical investigation of any sports injury is important, because a player might be hurt more severely than you think. For example, what seems like an ankle sprain may actually be a bone fracture. (Robinson, Brian. "Guidelines for Youth Sports Safety 2012).

Sport Injuries Types & Nature

Some of the more common sports injuries include:

1. Ankle sprain – symptoms include pain, swelling and stiffness.
2. Bruises – a blow can cause small bleeds into the skin.
3. Concussion – mild reversible brain injury from a blow to the



- head, which may be associated with loss of consciousness. Symptoms include headache, dizziness and short term memory loss.
4. Cuts and abrasions – are usually caused by falls. The knees and hands are particularly prone.
 5. Dehydration – losing too much fluid can lead to heat exhaustion and heat stroke.
 6. Dental damage – a blow to the jaw can crack, break or dislodge teeth.
 7. Groin strain – symptoms include pain and swelling.
 8. Hamstring strain – symptoms include pain, swelling and bruising.
 9. Knee joint injuries – symptoms include pain, swelling and stiffness. The ligaments, tendons or cartilage can be affected.
 10. Nose injuries – either blood nose or broken nose, are caused by a direct blow.
 11. Stress fractures – particularly in the lower limbs. The impact of repeated jumping or running on hard surfaces can eventually stress and crack bone. (Rachel, and Andrew Gregory “Overuse Injuries in Youth Sports 2010).

Treatment of the Sport Injuries

1. It depends on the type and severity of the problem.
2. Consulting a good doctor is necessary if problems persists
3. Exercises to promote health on a daily routine is needed

4. Psychotherapy will be more helpful
5. Determination to avoid playing for the rest period in needed
6. Flexibility in play is needed

Avoidance of Sports Injuries

Sports injuries can be avoided if the player is playing with caution & watchfulness

1. Added recovery time for sessions – A player can give himself recovery time for cooling down between 2 play sessions . This will help the body to cool down . Continuous use of body without proper intervals will lead to injuries.
2. Allocation for personal safety – A player should allocate safety measures before he starts his playing
3. Avoiding persistent injuries – when a player knows playing in a particular way will injure his muscles he should avoid that. If the injury continues to bother him he should stop his play.
4. A player should allocate cooling down exercises of after play is highly needed.
5. A player should assign daily warm ups for himself which will help to avoid injuries.
6. Exercising during afternoon from 11-3 which is the hottest of part of the day should be avoided
7. Choosing a proper – A player should choose a proper & appropriate footwear as many



- injuries on ground is caused due to running.
8. Good safeguards- A player should understand & identify the need for good safeguards before starting his sports career
 9. Level of fitness stamina to be maintained- A player should identify his fitness stamina & he should not overuse / underuse his level
 10. Not exceeding the speed limits- A player should not exceed his daily speed limits . In an enthusiasm to over perform a player might exceed his daily routine frame of play but this is injurious to his health as well as his career. (Robinson, Brian. "Guidelines for Youth Sports Safety 2012).
 11. Not stretching beyond personal body limit with extremes- A player should not stretch beyond personal body limits with over exercises /training / play
 12. Safety equipments & accessories- A player should have access to safety equipments & sports accessories such as footwear , head wear , arm bands , cushion bands, chest covers, etc
 13. Sustained stretches- A player should always limit his daily dose of training / play / exercise(Robinson, Brian. "Guidelines for Youth Sports Safety 2012).
 14. Understanding that needs of the game- A player should conceptualize & understand that needs of the game he is playing &he should give his limit of

performance as the game desires.

15. Understanding the demands of the game- A player should conceptualize & understand that demands of the game he is playing &he should give his performance oriented towards its demands. Neither he should underperform nor over perform.
16. Use of good form & technique- A player should make use of good form & technique while he is playing. He should understand the need of the game by understanding the rules, regulations & policies.(Rachel, and Andrew Gregory. "Overuse Injuries in Youth Sports 2010).

Reconsideration of a Sports Policy

A sports policy with incorporation of provisions for timely medical treatment should be considered while framing a sports policy. (Robinson, Brian. "Guidelines for Youth Sports Safety 2012).

1. Sports personnel should be given training in first aid / physiotherapy /
2. psychological mentoring helps a player while he is down with an injury
3. Stimulation classes & orientations are necessary for promotion of injured players(Robinson, Brian. "Guidelines for Youth Sports Safety 2012).
- 4.
5. A sports policy which aims at treating the sports personnel



with good care & timely medical help is the need of the hour. (Robinson, Brian. "Guidelines for Youth Sports Safety 2012).

6. Medical help in terms of expenditure should be borne by the concerned clubs/organizations without delay
7. Player's care should be coordinated by many professionals, including a physical therapist, an athletic trainer, and a certified strength and conditioning specialist. (Rachel, and Andrew Gregory. "Overuse Injuries in Youth Sports 2010).

Conclusion

thus a player's attentiveness towards avoidance of injuries itself will avoid several extremes injuries which might harm his potentialities as a player & as a person. A sports policy with incorporation of provisions for timely medical treatment should be considered while framing a sports policy. A sports policy which aims at treating the sports personnel with good care & timely medical help is the need of the hour. But before that , a

player should understand the impact of injuries even before he becomes a prey to it, because prevention is always better than cure.

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