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European Journal of Sports and Exercise Science, 2022, 10 (3) 01-02
(http://scholarsresearchlibrary.com/archive.html)

Scholars Research Library
ISSN: 2278-005X

Prevention and Treatment of Sports Injuries

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Received: 28-April-2022, Manuscript no.: EJSES-22-77629; **Editor assigned:** 02-May-2022, Pre QC no: EJSES-22-77629 (PQ); **Reviewed:** 09-May-2022, QC no. : EJSES-22-77629 (Q); **Revised:** 23 May, 2022, Manuscript no.: EJSES-22-77629 (R); **Published:** 29-May-2022

ABSTRACT

There are numerous causes causing injuries. Traumatic injuries happen when a contact or force is too great for your muscles, joints, or bones to withstand. Examples of this kind of injury include a twisted knee, sprained ankle, falling off a bicycle, and collisions at second base. Body structures gradually degrade as a result of overuse injuries. A programed for preventing injuries should also include instruction on nutrition, hydration, monitoring of team members who are "at risk," observation of risky behaviour, and skill improvement. In addition, it's crucial to identify any pre-existing diseases or prior injuries that can lead to additional illness or injury during season analytic reviews, preseason screenings, and pre-participation exams. The functional mobility screen is one method that can be applied during preseason screening. The functional movement screen can analyze an athlete's movement patterns to identify players who are vulnerable to specific injuries. Additionally, preventative strategies for young athletes should be taken into account and could need to differ from those used for professional athletes. Finally, in the wake of numerous studies about sports injuries, Depending on the nature and extent of the injury, research has found that anxiety, stress, and depression levels are increased in athletes.

Keywords: Physical therapies, Sports injury, Exercises, Reinjure young athletes

INTRODUCTION

There are numerous causes causing injuries. Traumatic injuries happen when a contact or force is too great for your muscles, joints, or bones to withstand. Examples of this kind of injury include a twisted knee, sprained ankle, falling off a bicycle, and collisions at second base. Body structures gradually degrade as a result of overuse injuries. A programed for preventing injuries should also include instruction on nutrition, hydration, monitoring of team members who are "at risk," observation of risky behaviour, and skill improvement. In addition, it's crucial to identify any pre-existing diseases or prior injuries that can lead to additional illness or injury during season analytic reviews, preseason screenings, and pre-participation exams. The functional mobility screen is one method that can be applied during preseason screening. The functional movement screen can analyze an athlete's movement patterns to identify players who are vulnerable to specific injuries. Additionally, preventative s trategies for young athletes should be taken into account and could need to differ from those used for professional athletes. Finally, in the wake of numerous studies about sports injuries, Depending on the nature and extent of the injury, research has found that anxiety, stress, and depression levels are increased in athletes.

Potential sports injuries can be reduced by prevention. The advantages include a healthier athlete, longer involvement in the sport, a chance for higher performance, and lower medical expenses. Giving coaches, team trainers, sports teams, and individual athletes an explanation of the advantages of sports injury prevention programs will offer them an idea of the possibility of success by making the athletes feel confident, strong, healthy, at ease, and capable to participate.

Tips for Preventing Sports Injuries

In order to assist you stay safe when playing on the fields, courts, and tracks where you go, Keep your options open. Before beginning your activity, it is crucial that you perform dynamic stretches. While it may be alluring to start playing right away, you

should wait a few minutes and perform some jumping jacks, butt kicks, or arm circles. This is because cold muscles are more prone to damage. Boost your core strength. Your balance and stability are improved with a strong core, which is beneficial for many activities and helps prevent injuries. Abdominal crunches and planks are two exercises that bolster the core. In order to perform abdominal crunches, you must lie on your back with your feet up against a wall, your knees and hips forming a 90-degree angle with your legs. Once you've done that, lift your head and shoulders off the ground and hold that position for a few seconds. To perform a plank, you must maintain the push-up stance while supporting your weight on your forearms and toes.

Use the right method. To play well and to keep yourself safe from harm, you must know how to play your sport properly. You can learn how with the aid of a teacher. In order to: Without overextending your arms, legs, or back, maintain a balanced body weight. To prevent injuries to the ankle and Achilles tendon, use appropriate footwork. Use the appropriate gear for your size and skill level when playing.

Rest for a while. Any sport played for an extended period of time without a break may overwork your muscles, increasing your risk of injury. Ensure that a prior injury has healed properly. Ask your doctor if you can start playing before getting hurt again to make sure your injury has healed completely.

How should a sports injury be treated?

Depending on the nature and severity of a sports injury, several treatments are used. With rest and home remedies, many sports injuries can be treated in a few days or weeks. But for more severe wounds, therapy may entail: the use of a walking boot, cast, splint, sling, or other medical device to immobilize the patient.

Injections used to treat pain and swelling.

Anti-inflammatory drugs that are prescribed.

The use of surgery to mend ligament, tendon, or cartilage tears or to treat fractures.

Physical therapy, often known as rehabilitation or rehab, is used to strengthen and restore damaged body components.

Rehabilitation

Before returning to the activity that caused the injury once it has healed, you might need to finish a rehabilitation program. A plan will be created by a physical therapist or physician with the goal of restoring the injured body part's strength and range of motion while also reducing any lingering pain. In addition to exercises you perform in the therapist's office, most rehabilitation plans also call for home workouts. Additionally, the therapist may use massage, ultrasound, cold, heat, or aquatic treatment to treat the affected area. A rehabilitation programed can assist you in getting back to your prior level of activity while lowering your risk of reinjure.