



## Sports Injury Management: Overview

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### ABSTRACT

*Sports injury management is the treatment of a specific injury to enable a person to resume or continue playing their preferred sport without endangering or impairing their physical condition. Correctly managing a sports injury can assist to reduce damage to a muscle, tendon, ligament, and joint, improving the likelihood of a full recovery.*

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### INTRODUCTION

Sports injury management is the treatment of a specific injury to enable a person to resume or continue playing their preferred sport without endangering or impairing their physical condition. Correctly managing a sports injury can assist to reduce damage to a muscle, tendon, ligament, and joint, improving the likelihood of a full recovery.

#### **What is Sport Injury?**

Exercise is crucial for overall health, yet sports and other physical activities frequently result in injuries. An injury sustained while participating in sports, exercise, or athletic activities is referred to as a sports injury. A sports injury may be chronic or acute (sudden) (develop over time). An acute injury is one that happens suddenly, such as an ankle sprain brought on by a poor landing. Overusing muscles or joints repeatedly might result in chronic ailments. Chronic injuries can also be a result of poor technique and structural irregularities. Any sports injury warrants a medical examination since you could be harmed worse than you realize. For instance, a bone fracture may be present despite what seems to be an ankle sprain. Athletic trainers and doctors are constantly searching for ways to improve the management of athletic injuries and hasten the safe return to play. Numerous topical remedies are promoted as the miracle cure for wounded athletes who want to overcome pain and dysfunction while improving performance. Cryotherapy, ultrasound, laser, low-energy Extracorporeal Shock Wave Therapy (ESWT), and over-the-counter and prescription rubifacients are examples of popular topical therapies. The effectiveness of a treatment for sports injuries is not entirely determined by its analgesic characteristics.

Sport Injury Management is a branch of chiropractic therapy that specializes on treating people who have sustained injuries from participating in sports. Soft tissue injuries, such as ligament and muscle sprains, can be brought on by repetitive movements or physically demanding activities that push the body past its limits. Chiropractic Sports Injury Management works effectively for several ailments.

#### **Performance Enhancement**

This program targets a person's physical limitations and prepares a plan for performance enhancement and maintenance with a focus on the following abilities:

#### **Strength**

Endurance

Power

Balance

Speed

Mobility/Flexibility

Agility

### ***Types of sports injuries***

Among the more typical sports injuries are: Symptoms of an ankle sprain include pain, stiffness and edema.

Bruises: A hit may result in minor skin bleeding. Concussion is a minor, treatable brain damage that results from a blow to the head and may be accompanied by unconsciousness. Headache, lightheadedness, and short-term memory loss are symptoms. Falls are frequently the cause of cuts and abrasions. The hands and knees are especially vulnerable. Heat exhaustion and heat stroke can result from dehydration, which is the loss of too much fluid. Damage to the teeth: A blow to the jaw can shatter, break, or knock teeth out of place. Pain and swelling are two indications of groin strain. Pain, swelling, and bruising are some of the signs of hamstring strain. Injuries to the knee joint can cause pain, edema, and stiffness. The cartilage, tendons, or ligaments may be impacted. A direct hit to the nose might result in broken or bloody noses. Fractures from stress, especially in the lower limbs. Repeated running or leaping on hard surfaces might eventually cause bone to become stressed and break.

### ***Options for therapy and management***

Physiotherapy can help to rehabilitate the injured site and, depending on the injury, may include exercises to promote strength and flexibility. Returning to sport after injury depends on your doctor's or physiotherapist's assessment.

Sports-related injuries can be treated and managed in a number of ways, and performance can also be improved. Here is a list of the methods we use at clinic:

Therapy for Soft Tissue (Active Release, Graston Technique)

Manipulation and Joint Mobilization

The Mulligan Method of Acupuncture

Electro-Motorized Systems (IFC, Ultrasound, Micro current, Laser and Shockwave Therapy)

Personalized orthotics (from The Orthotic Group)

Custombuilt braces (from Don Joy, AIRCAST) are available for injuries to the anterior cruciate ligament (ACL), the ankle, and osteoarthritis. When necessary, outside recommendations are made in-house.