



The Prevention and Treatment of Sports Injuries by Psychological Therapies

Florence Wilson*

Editorial Office, Sports and Exercise Science, United Kingdom

**Corresponding Author: Dr. Florence Wilson, Editorial Office, Sports and Exercise Science, United Kingdom*

E-mail: florence43@gmail.com

Received: 29-Dec-2021, Manuscript no.: EJSES-22-76149; **Editor assigned:** 02-Jan-2022, Pre QC no.: EJSES-22-76149 (PQ); **Reviewed:** 12-Jan-2022, QC no.: EJSES-22-76149 (Q); **Revised:** 24-Jan-2022, Manuscript no.: EJSES-22-76149 (R); **Published:** 30-Jan-2022

ABSTRACT

The benefits of exercise cannot be overstated, but engaging in sports or other physical activity can be dangerous. Damage to a body part resulting from athletic, sporting, or recreational activities is referred to as a sports injury. Acute (sudden) and chronic sports injuries both exist (develop over time). Sport-related injuries frequently have severe detrimental effects on athletes' physical health. Also possess the capacity to significantly worsen psychological disruption through heightened rage, despair, anxiety, tension, fear, and low self-esteem. Athletes who have sports-related injuries frequently experience an instant imbalance and disturbance to their lives, including a loss of their health and the ability to reach their full athletic potential. Extreme injury situations might leave victims permanently disabled or even dead. Such functional loss or the inability to continue playing sports can be disastrous, impede the healing process, and ultimately alter how athletes emotionally handle further injuries.

Keywords: Chronic disease, Injury prevention, Sport injury, Stretching, Exercises, Sports injuries

INTRODUCTION

The benefits of exercise cannot be overstated, but engaging in sports or other physical activity can be dangerous. Damage to a body part resulting from athletic, sporting, or recreational activities is referred to as a sports injury. Acute (sudden) and chronic sports injuries both exist (develop over time). Sport-related injuries frequently have severe detrimental effects on athletes' physical health. also possess the capacity to significantly worsen psychological disruption through heightened rage, despair, anxiety, tension, fear, and low self-esteem. Athletes who have sports-related injuries frequently experience an instant imbalance and disturbance to their lives, including a loss of their health and the ability to reach their full athletic potential. Extreme injury situations might leave victims permanently disabled or even dead. Such functional loss or the inability to continue playing sports can be disastrous, impede the healing process, and ultimately alter how athletes emotionally handle further injuries. Therefore, it is essential to include a component that addresses psychological recovery from a sport injury in the traditional injury rehabilitation program to prevent and/or reduce negative psychological effects of the injury and to encourage return to active participation in sport-related activities.

Why is sport injury prevention important?

All demographics and age groups across the lifespan are encouraged to participate in sport and recreation; nevertheless, the cost of sport-related injuries is substantial, and there is a relative lack of research examining injury prevention measures in all sports and across all age groups. Sport is the major source of injury among young people, and participation and injury rates are highest among teenagers and young adults. 1 in 3 young people seek medical assistance for a sports-related injury each year, and 20% of schoolchildren miss at least one day of school each year due to injuries sustained during athletic competition. A third of working individuals are thought to miss at least one day of work each year because of a sports-related ailment. In order to maintain a healthy lifestyle, encourage healthy growth and development, prevent chronic disease, and reduce stress, among other benefits, involvement in sport and recreation is crucial for children and people of all ages. The ideal population is one that is active, however the danger of injury must be considered while engaging in any physical activity. As a result, preventing injuries to the lower extremities will be the main focus. Across the lifetime, participation in sport and recreation has significant advantages for public health, and

reducing the risk of injury is crucial.

How may a sports injury be avoided?

The essential steps to avoiding a sports injury are as follows:

1. Create a workout regimen that combines aerobic, strength training, and flexibility. This will lessen your risk of getting hurt. Exercise every other day and switch up the muscles you work. After a workout or sporting event, cool down properly. The duration should be double that of your warm-ups.
2. Hydrate yourself. Dehydration, heat stroke, and tiredness can all be avoided by drinking water. Stretching exercises can increase a muscle's capacity for contraction and performance, lowering the chance of injury. A point of muscle tension should be reached before beginning any stretches. Stretching should not hurt. Focus on maintaining each stretch for up to 20 seconds.
3. Wear supportive shoes that may also alleviate specific foot issues that might cause injuries, and use the appropriate clothing or equipment. To play your sport properly, learn the proper skills.
4. Take a nap if you're worn out. If you are fatigued or in discomfort, stay away from exercising. Always take your time with strength training, and perform each repeat through the entire range of motion.
5. If you do suffer a sports injury, make sure you get the necessary therapy before you start up again with the strenuous activities.

Sports Injury Treatment using psychological therapies

Depending on the nature, location, and degree of the injury, several treatments may be necessary. It's critical to be aware of your possibilities. While certain sports injuries may require physical therapy or surgery, others may heal more quickly and only necessitate rest and over-the-counter painkillers.

Set definite, attainable objectives. Goal-setting comes naturally to many athletes. They are accustomed to tracking data and assessing development in order to produce results. Set definite, attainable objectives. Goal-setting comes naturally to many athletes. They are accustomed to tracking data and assessing development in order to produce results.

Be present-minded. We want to feel better right away whenever we are hurt or ill. Particularly athletes frequently desire to resume playing as soon as feasible.

Be positive. Our minds may become confused with unfavorable ideas when we are faced with significant life obstacles.

Think of a healthy you. Never undervalue the impact of visuals. According to studies, our brains are stimulated in the same areas when we visualize and carry out an activity.