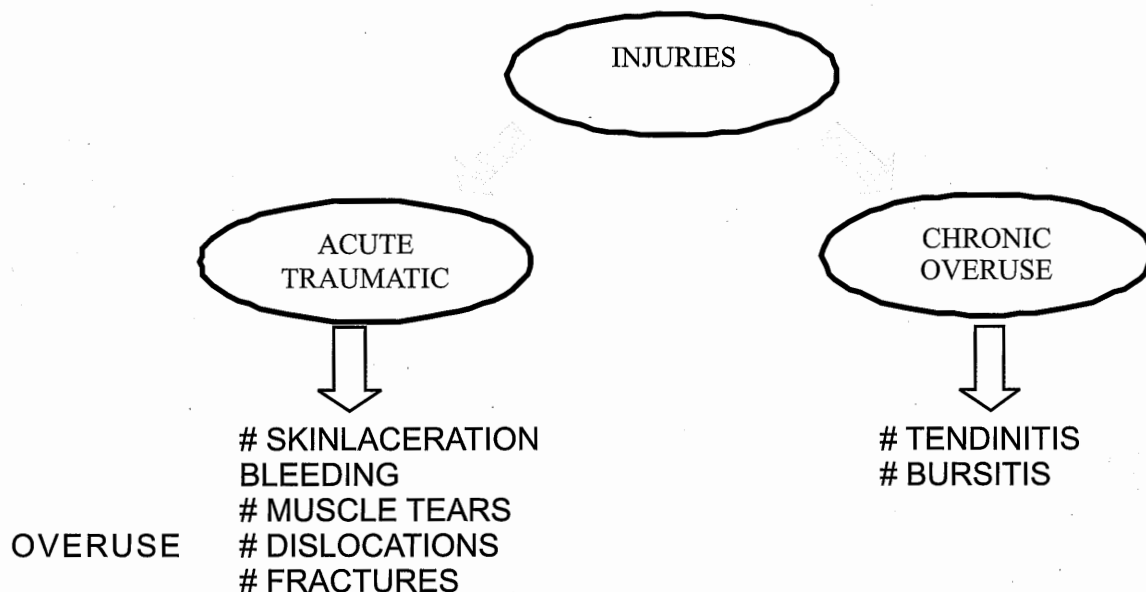


How to Minimize Injuries Related to Sports

Sports activities are considered as important part of a healthy life style at any age. There are countless studies demonstrating the physical, emotional and psychological benefits of sports. Participation in any type of physical activity or sports put you in situations in which injury can occur at any given moment. Some injuries are serious, few are life threatening, most are not serious. In order to gain the full benefits one has to understand the risk factors to minimize the risk of injuries. Today there is a growing epidemic of preventable sports injuries and it can shatter dreams of sportsmen and change their lifestyle as well.

Most experienced sportsmen know the benefits of preventive aspect and start their activities with a good warm up which is believed to be the golden rule like most sportsmen everyone undoubtedly wants to reduce or eliminate the chances of injury while participating in sports or physical activities.

Many injuries are caused by weak muscles which simply are not ready to handle specific demands of the sports. Injuries associated with physical training programmes most often can be avoided by designing a well-planned programme based on the principles of overload, progression, specificity individuality and safety. Perhaps the biggest mistake that people make when beginning a fitness programme is starting at a level that is too advanced and then trying to progress quickly.



Injuries which occurs from repeated same motions for prolonged time is responsible for most chronic sports injuries. Sports injuries can happen because of poor conditioning, poor training, muscle over use. So, before you start playing a sport it is important to maintain basic fitness. When the fitness is maintained it can withstand often unexpected demands on the body that come with playing sports. One important point is to talk to a sports physician before beginning a new program. This is very significant if you are over 40 years. or have chronic medical problems such as diabetes, cardiac or lung problems

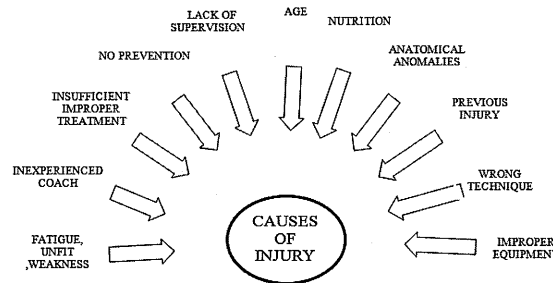
As we know the most common type of acute injuries reported are bruising, strains, bleeding, fractures, dislocations etc and most common injury sites are ankle, knee, fingers, head. In any sport there is always a risk of injury.

In the sport injury context it is learnt that sports injuries are strongly related to age. The age plays a very important role in sport related injuries as explained below. For example adolescent males are the group injured most often. Over exertion is a significant cause when considering the working age population.



When it comes to children they always have a stronger and shorter healing period than adults. The message is that special consideration is required in view of activities and prevention with the age.

Sports activities are beneficial to health but they may also cause injuries. As we know the effect of injury may be felt many years later if not managed properly and these injuries lower the fitness and performance. Therefore, there is a need for sports injury prevention.



BASIC PRINCIPLES OF INJURY PREVENTION

Start low and go slow-Whatever does the activity start with a low profile, progress gradually and consistently.

Too much too soon is bad- Don't try to get big muscles or gold medals over night Start with adequate **warm up** followed by **stretching, activity, cool down**.

Listen to your body always when there is a pain in the body; consider that as an alarming sign.

Correct training overload - Intensity, duration, frequency, and repetitions should tally with age, gender, and performance level of individual.

Adequate rest - general rule is that more you train more you rest as recovery of the micro injuries of tissues occur during rest.

Hydration-for optimum function of human body proper hydration is very important.

WHY INJURIES

Not following **principles of training**.

Training errors - inappropriate training due to activities without warm up.

Increased overload-increased intensity, increased duration may lead to overuse.

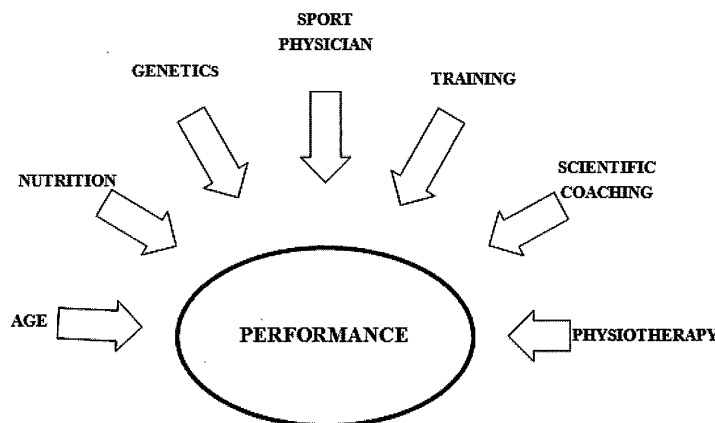
Incorrect technique-unnecessary strain on muscles, ligaments.

Previous injuries - can lead to muscle imbalance, muscle weakness, poor coordination and soft tissue tightness.

Anatomical anomalies - can give rise to additional strain on muscles and ligaments.

Equipment failures or improper equipment can lead to wrong bio mechanics.

Environment- too hot or too cool, high humid or slippery environment can be hazardous.



Always develop a preventive approach. After you recover from injury it is better to try to discover ways to prevent that injury from happening again. Learn about proper stretching exercises, effective strength training, appropriate training equipment and proper biomechanics for the selected sport or fitness activities. As explained above it is well understood that in any sport activity at the beginning it is essential to have a professional evaluation ideally by a sports physician to follow rules of the sport, to follow basic principles of injury prevention, proper supervision to maintain minimum injury or injury free life.

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