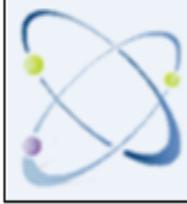


THE NEED FOR PREVENTION AND REHABILITATION OF SPORTS INJURIES



HEALTH SCIENCE

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P.Madhu

Research Scholar, UCPESS, Acharya Nagarjuna University, Guntur, A.P

ABSTRACT

Physical instruction assumes a paramount part to accomplish national coordination, which incorporates feeling of fraternity, companionship and unity. Subsequently, physical instruction is the medium of country's solidarity. The most imperative for the country's solidarity is collaboration and respect for the emotions of others. This comes just through the cooperation in diversions and games and visit an alternate states or countries, where they run into the diriment methods for living, traditions, religion, customs, dialects, dietary patterns and so forth. In games camps, players hail from diverse states live together, practice to take an interest in one diversion regardless of much assorted qualities. Therefore, amusements and games are the necessary a piece of physical training, which without a doubt assume a fundamental part in advertising national mix.

I. INTRODUCTION

According to World Health Organization "It is education which is concerned with changes in knowledge, feeling and behaviour of people to bring about the best possible state of well being". The ultimate objective of health education is to inculcate healthy habits in the children and develops them into healthy individual physically as well as mentally.

Physical education plays an important role to attain national integration, which includes feeling of brotherhood, friendship and oneness. Hence, physical education is the medium of nation's unity. The most important for the nation's unity is cooperation and regard for the feelings of others. This comes only through the participation in games and sports and visit another states or nations, where they come across the diriment ways of living, customs, religion, traditions, languages, eating habits etc. In sports camps, players come from different states live together, practice to participate in one game in spite of much diversity. Therefore, games and sports are the integral part of physical education, which definitely play a vital role in promoting national integration.

II. NEED FOR PREVENTION AND REHABILITATION

Physical education scientists are striving to understand the various factors affecting skeletal and muscular activity, during a variety of human movements with the help of electro-typography, and are presently engaged in analyzing the biomechanics of using their attention upon the analysis of sports skills. They are consistently studying the factors like strength, limb length, mass, inertia proportions, and angular and linear velocity that influence these movements, to get a

better insight into the complexities of human motion and performance.

To develop maximum efficiency, a player must increase muscular strength to mobilize the force to accomplish desired tasks. Further, increased muscular strength will also improve muscular endurance, necessary for continued effort over a prolonged period. Proper conditioning also helps prevent injuries. Physicians support the theory that 60 per cent of all injuries incurred in Games & Sports are due to poor mental and physical conditioning.

A well known proverb "Prevention is better than cure" is very much appropriate here to mention. Because if any individual takes preventive measures before he approaches for any physical or mental work, it is sure that he can save himself to some extent from disability. Few principles or precautions may be adopted to prevent the disability such as Proper knowledge of health problems, Emotional Control, Intoxicants are to be avoided, knowledge of First aid, and Medical checkup at the time of appointment and at intervals, periodical check up of machines, providing health environment, regular exercises and provision for recreational facilities.

Prevention may be of two kinds, prevention of initial injury or prevention of injury after healing. Prevention of any injury is the best of all possible treatments. The cause of most injuries is usually obvious because the symptoms begin immediately after the injury. However some injuries produce delayed symptoms and their case is not readily apparent. Other injuries may occur simultaneously as a complication of a primary injury.

A warm-up program has been founded to decrease injuries in association Games & Sports. Many athletes will partake in HGH Treatment for Athletic Enhancement as a way to prevent injuries. Injury can be mineralized by doing an effective warm up; this consists of a heart raiser to get your pulse up, followed by sport specific dynamic stretches (stretches whilst moving).

Using proper equipment is key in preventing injury. The NFL is conducting tests with new helmet designs that could reduce the number of head injuries in the league. Doctors believe fatigue can be a contributing factor in sports injuries because it is more difficult for the body to protect itself when fatigued. Stopping an activity at the first sign of fatigue can prevent sports related injuries.

Pre-participation physical examination – A screening process to evaluate the athlete's physical and mental status prior to engaging in sport should be a fundamental requirement before such engagement occurs. Determination of an athlete's ability to participate, whether confronted with signs and symptoms pitch side, courtside, in a first aid facility, in a polyclinic, or elsewhere, proper decision making about an athlete's fitness to participate must be made in accordance with current healthcare practice.

Evaluation and care of significant injuries on the pitch or court – Healthcare professionals not only must be well-qualified, they must deliver care that is appropriate for a given situation. Concussions, spinal cord injuries and hyperthermia are three examples of injuries requiring urgent, specialized diagnostic and treatment procedures. A sponsoring club, university, school or organization must ensure that a plan is in place to adequately respond some examples of negligence that can lead to injury litigation in sport Area of potential negligence Examples

III . DISCUSSIONS

Facility safety:

Poor condition of the surface of the pitch, court, track, etc. (e.g. holes, uneven surfaces) unsafe equipment (e.g. exposed sharp edges, broken or rusted parts Unsafe practices (e.g. reduced visibility if lights are not used when training held at night) Impeding objects that are not part of the sport activity.

Warning of (or unnecessary) risk or danger:

Failure to teach safe techniques for the port Failure to disclose potential injury consequences of playing and of not playing using safe Techniques. Failure to intervene when players do not use safe techniques Mismatched players (e.g. adult players participating together with young players).

Protective equipment

Failure to provide proper protective equipment. Failure to require use of protective equipment. Improper fit of protective equipment

Documentation of injury

Failure to maintain injury records, Failure to maintain treatment and rehabilitation records. Failure to maintain confidentiality of records, Falsifying or altering medical records.

Appropriate care

Failure to follow proper care protocols, Failure to refer injured player to healthcare professional of greater experience or higher qualification. Failure to remove injured player from

participation .Provide appropriate training instruction, Maintain or purchase safe equipment. Hire or supervise competent and responsible personnel. Give adequate warning to participants concerning dangers inherent in a sport. Provide prompt and proper medical care. Prevent the injured athlete from further competition that could aggravate an injury.

V . INJURIES & CLASSIFICATIONS

Sports injuries

Sports injuries are injuries that occur to athletes participating in sporting events. In many cases, these types of injuries are due to overuse of a part of the body when participating in a certain activity. For example, runner's knee is a painful condition generally associated with running, while tennis elbow is a form of repetitive stress injury at the elbow. Other types of injuries can be caused by a hard contact with something. This can often cause a broken bone or torn ligament or tendon. Injuries are a common occurrence in professional sports and most teams have a staff of Athletic Trainers and close connections to the medical community. Controversy has arisen at times when teams have made decisions that could threaten a player's long-term health for short term gain.

Classification

Sports injuries can be broadly classified as either traumatic or overuse injuries. Traumatic injuries account for most injuries in contact sports such as Association football, rugby league, rugby union, Australian rules football, Gaelic football and American football because of the dynamic and high collision nature of these sports. These injuries range from bruises and muscle strains, to fractures and head injuries.

A bruise or contusion is damage to small blood vessels which causes bleeding within the tissues. A muscle strain is a small tear of muscle fibers and a ligament sprain is a small tear of ligament tissue. The body's response to these sports injuries is the same in the initial five day period immediately following the traumatic incident – inflammation.

Signs and symptoms

Inflammation is characterized by pain, localized swelling, heat, redness and a loss of function. A sign may be observed by the patient or by someone else, or it may represent physical findings determined by X – ray examinations and other diagnostic measures. A sign is observed. A symptom can only be felt or experienced by the patient.

Mechanism

All of these traumatic injuries cause damage to the cells that make up the soft tissues. The dead and damaged cells release chemicals, which initiate an inflammatory response. Small blood vessels are damaged and opened up, producing bleeding within the tissue. In the body's normal reaction, a small blood clot is formed in order to stop this bleeding and from this clot special cells (called fibroblasts) begin the healing process by laying down scar tissue.

The inflammatory stage is therefore the first phase of healing.

However, too much of an inflammatory response in the early stage can mean that the healing process takes longer and a return to activity is delayed. The sports injury treatments are intended to minimize the inflammatory phase of an injury, so that the overall healing process is accelerated. Intrinsic and extrinsic factors.

V . NOVEL PRINCIPLES OF REHABILITATION

Rehabilitation restores full flexibility, strength, endurance and motion to an injured athlete. Conditioning develops these in a new athlete. Rehabilitation and condition of a particular body part should be accomplished by exercise of the rest of the body, especially the cardiovascular-pulmonary system. No need to begin rehabilitation exercise following any serious injury, such as fracture dislocation or 2nd or 3rd degree sprain until there is a clearance from the concerned doctor. Beginning too soon may cause permanent damage or retard full recovery.

Treatment:

Sports injuries can be treated and managed by using the P.R.I.C.E.S... DR. ABC and T.O.T.A.P.S regimes:

P – Protect, R – Rest, I – Ice, C – Compression, E – Elevation, S – Stabilize,

D – Danger, R – Response

A – Airway, B – Breathing, C – Circulation,

T – Talk, O – Observe, T – Touch, A – Active movement, P – Passive movement,

S – Skills test

Rehabilitation involves discipline such as physiotherapy, occupational therapy, speech therapy, psychology, education, vocational guidance and placement services. It is evident that the problem of rehabilitation is serious and complex and its need is felt every where to adjust the disabled person in the society. Some area of concern in rehabilitations have been identified are Medical rehabilitation, Vocational Rehabilitation, Social Rehabilitation, Psychological Rehabilitation, Surgical Rehabilitation, Orthopedic Rehabilitation and Physiotherapy exercises etc. No doubt the disabled person are treated roughly in the society, they are neglected to drudgery of existence amidst sarcasm and scathing comments. They are considered a liability on the families as well as on society. But if the society provides them equal opportunities according to their potentials and capacity they can also contribute in the up lift of the society and community. The society or community can play a vital role in Sympathetic, Attitude, Financial Assistance, Vocational Guidance and Reservation Facility

CONCLUSION & SUGGESTIONS

The Saga of education in the 21st century can truly be borderless world of knowledge, ideas, innovation and leadership which will yield reciprocal, benefits to various public and private sectors. As rehabilitation is the process of providing relief, help to a disabled, deformed, disfigured or

injured person to come back to normalcy and lead a respectable and independent life again.

As Physical education plays an important role to attain national integration, which includes feeling of brotherhood, friendship and oneness. Hence, physical education is the medium of nation's unity. In general the most important way to prevent injury is to follow a strenuous, carefully supervised conditioning program before beginning competition. Protective equipment designed for individual sports.

The sport rehabilitator is a key member of the sport injury management team. As such, you must adhere to several important professional, practical, ethical and legal principles. Properly equipping you to administer acute injury management in the venues where practice will be undertaken – whether pitch side courtside, trackside, in a clinic or elsewhere – is vitally important. However, simply being prepared to deliver care required by sport participants does not sufficiently qualify a sport rehabilitator, or any other sport health professional for that matter. Proper ethical and legal frameworks are integral to success, as well. Without these underpinnings the most skillful healthcare worker will not be able to sustain their practice under the guidelines deemed appropriate by civilized societies. In summary, is success in sport rehabilitation or a related field. It is a welcome instructional resource to the student, but it is a valuable informational reference to the clinician, too. There is a wealth of material presented where the authors offer insights from their knowledge, abilities and wisdom in order to equip the reader for excellence in their career post.

By offering only the blind white canes, food, clothing, shelter and medical care in the name of rehabilitations is not enough. It is the foremost duty of the society to bring disabled people back to their dignity. Such training has to be given by which they give up begging and learn to be independent. Therefore disabled persons must be restored and retrained to live and work within the limits of his disability but to hilt of his capacity. If they are given opportunities the disabled often turn out to be better workers than their able bodied colleagues.

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