

What Are The Most Effective Ways Of Reducing Injuries In Sports?

Posted on October 2, 2018

Introduction

Physical fitness is one of the essential components of a healthy life. People all over the world have very good attempts to be physically fit. Sports are the best way to make the body's metabolism perfect and always healthy. There are many benefits of sports, but sometimes, it is also a cause of fatal injuries in which fractures, muscle pain, and concussions are counted as the top categories of injuries in sports. According to a good health advisor, fractures must be avoided, and sports should be played within the rules. The concussion is normally possible in rough sports like football, basketball, and hockey, as well as other racing games, and it is required to give priority to health and personal safety. Taking risks is a good thing, but without precautions, it seems inhuman. The main aim of the paper is to discuss the most effective ways to reduce injuries caused during sports.

Discussion

There are a number of possible ways that would help reduce unnecessary chances of injuries while playing peaceful or competitive sports. The most common cause of sports injuries are improper warmup before the start of strenuous activities or heavy-duty sports like gym, football, basketball, and running, improper use of equipment, and not following or keeping in touch with safety precautions. It is impossible to prevent an injury, even if an individual is playing with good safety measures, but others may be the cause of the injury. There are some of the main ways how to prevent sports injuries (Lauersen et al., 2014; Olmedilla-Zafra et al., 2017).

Body Warm Up

One of the best ways to reduce injury while participating in sports is the body warm-up. The warm-up session's main aim is to increase the body's blood circulation and breathing activity to activate its hyperactivity performance. The session is required to last for at least five to fifteen minutes, according to the sport that is about to be performed. There are many ways to warm up the body, and the most popular are gentle stretching and the movement of the muscles to prepare for an energetic sport or any activity that is about to start (Behm et al., 2015; Lempke et al., 2017).

In addition to the blood flow increase and breathing, warm-up also helps increase the flexibility of the muscle fibers. It also helps in decreasing the risk of any strain on the muscle. Stable walking and

jogging are the best exercises for warmup. As the warm-up ends, it is necessary to do some gentle stretches to lengthen the muscles as well as tendons (interconnections between muscle and bone). It is also advised that people pay more attention and use those muscles more during the warm-up session to prevent injuries during sports.

Usage of Proper Equipment

There are many sports that require particular attention during equipment usage because the injuries and damage factor are highly increased. This kind of sport includes a good number of players as well as participants in physical contact. The need of protective equipment is highly required, which includes shin pads, gloves, head protection, knee covers, and arm shields. These equipment are used for different supports. These pieces are specially designed for the roughest sports so that there would be possibly no injury during the sports. Helmets and head protection are used to protect the skull and head from any kind of concussion, knee, and arm shields are used for the direct contact of hard objects with the body, and gloves are also used for good hand protection.

Furthermore, it is necessary for a sports player to wear the correct footwear while playing a sport. The correct shoe pads and footpads will help protect the foot and ankle, as well as help avoid any kind of twisting and injuries. It is highly important to follow the instructions of the coach for protection so that there would be no possible injury, as the injury causes disturbance among teams and affects the individual's performance. That's why it is highly required to protect the body from injuries (Bonanno et al., 2017).

Usage of the Right Technique

There are a number of proper techniques learned by the players that are used to avoid the risk of injury. It is highly required and important to learn the proper techniques for using the equipment and playing the sports chosen. Having good practice as well as outstanding ways to implement those techniques will help in reducing the overall ways of any kind of damage during sports-related injuries to the muscles and bones. These techniques are fruitful in the gymnasium, where experts would always be on hand to help and to avoid any wrong attempts for the safety of the equipment as well as their customers and efficiency (Benjaminse et al., 2015; Leppänen et al., 2014; Root et al., 2015; Pfile & Curioz, 2017).

Cool Down

As discussed above, warm-up is important; the cool-down process also requires a lot of attention. It is essential to properly cool down after any physical activity as well as sports. The expert's advice is to work for at least five to 10 minutes as well to cool down. It helps in the regulation of the heartbeat, breathing, and many other metabolic processes. The process could be concluded by taking a walk

from the ground to the bench, a little sit-stand, or having small jumps while ending the sport. Stretching exercises also help lengthen the muscles that are being used during the sport. Its benefits are highly considered, and all over the world, down processes are followed as it helps protect the muscles from getting bulky.

Remain Hydrated

Being hydrated is highly important and essential during any kind of exercise or sports. Doing sports in a sunny or hot environment is required to keep hydrated to avoid dehydration, while Dehydration highly damages blood circulation and the brain cells.

Conclusion

During sports, people unintentionally face injuries, which mostly cause people to suffer for a long time. In the above, it is clearly stated about the benefits and highly implemented for the reduction of injuries. The right equipment is always chosen, and it is advised to use good techniques to implement the sport more efficiently and avoid any kind of injury. It would be advised to always properly implement the strategies that are required for reducing injuries during sports. Sophisticated equipment usage should not be ignored as their purpose is only human safety. Many times, injuries happen due to other players, but according to international sports organizations and league management, it is concluded that 80% of injuries are caused by personal mistakes or not following the rules. No one is safe during the sports, but it's better not to become a chance or a cause of another individual's injury as it may cause a penalty or suspension while playing and would be an embarrassment on the ground or alone on a walkway.

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