

Sports Injuries and Physiotherapy

इंदिरा गाँधी राजकीय स्नातकोत्तर महाविद्यालय, बांगरमऊ, उन्नाव
(उ.प्र.)

Indira Gandhi Government P. G. College (U.P.) (Accredited By NAAC)

Dr. Vishnu Mishra
(Principal & Associate Prof.)

Sports Injury

- Sport injuries refer to kind of injury that occur to a player during sports or exercise.
- In other words, the situation which occurs accidentally during physical activity or when the player does not remain in the position of participating in the game or his physical ability decreases is also referred to sports injuries.

TYPES OF SPORTS INJURIES

ACCORDING TO CAUSE

DIRECT INJURY

INDIRECT INJURY

OVERUSE INJURY

ACCORDING TO THE TYPE OF BODY TISSUE

SOFT-TISSUE INJURY

HARD-TISSUE

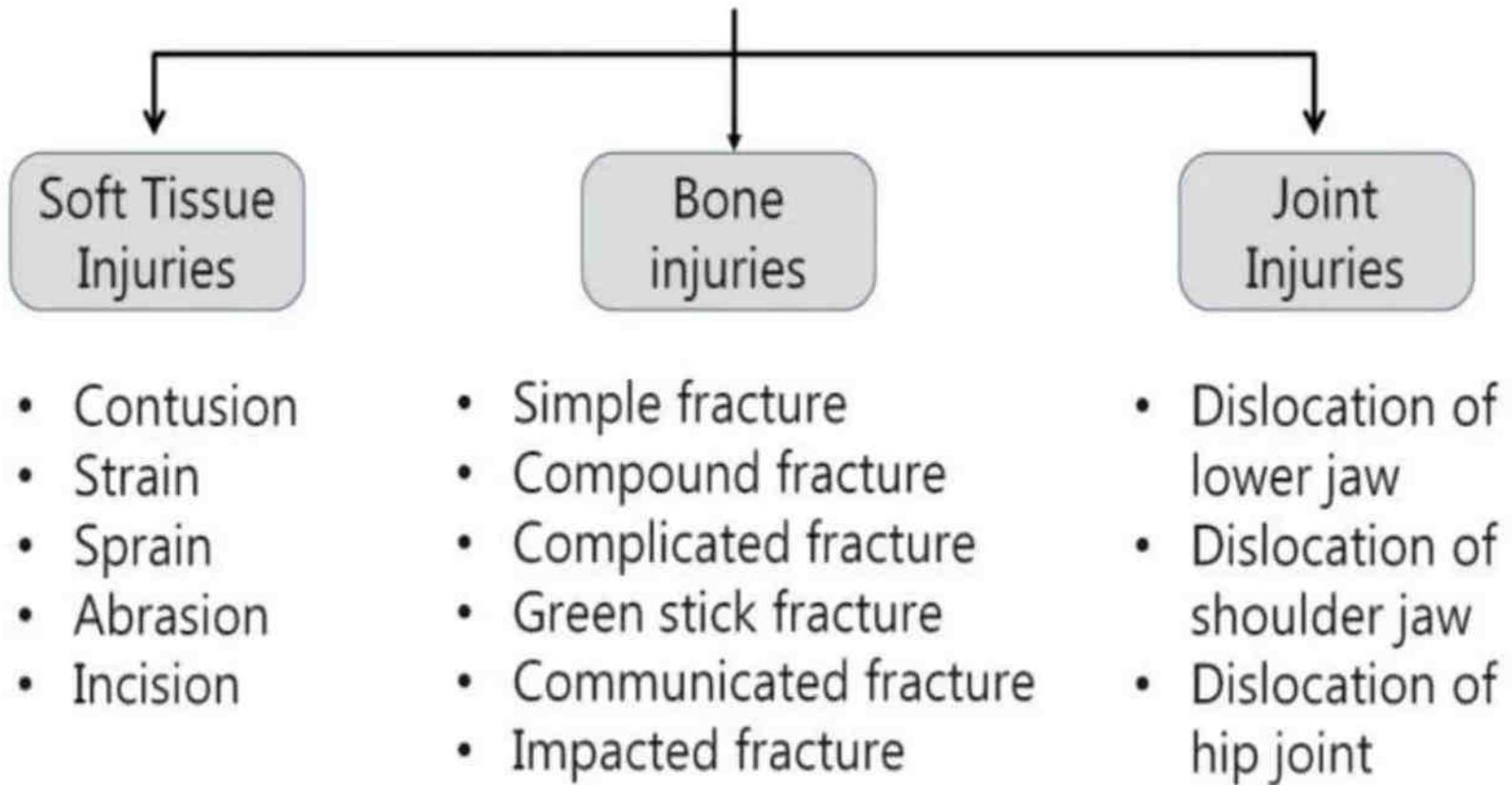
ACCORDING TO THE DURETION OF INJURIES

ACUTE INJURIES

CHRONIC INJURIES

- **Direct injury** is caused by an external blow or force.
- **Indirect injury** caused by an internal force as over stretching a ligament in sudden change direction.
- **Overuse injury** any repetitive activity can lead to overuse injury, can occur over a period of time, usually due to excessive and repetitive leading of the tissue, with symptoms presenting gradually

COMMON SPORTS INJURIES



Most common injuries

- Muscle pull
 - Tennis elbow/ golfer's elbow
 - Rotator cuff injury
 - Frozen shoulder
 - Tendonitis
 - Bursitis
 - Runner's knee
 - Achilles tendonitis
 - Foot arch sprain
- 

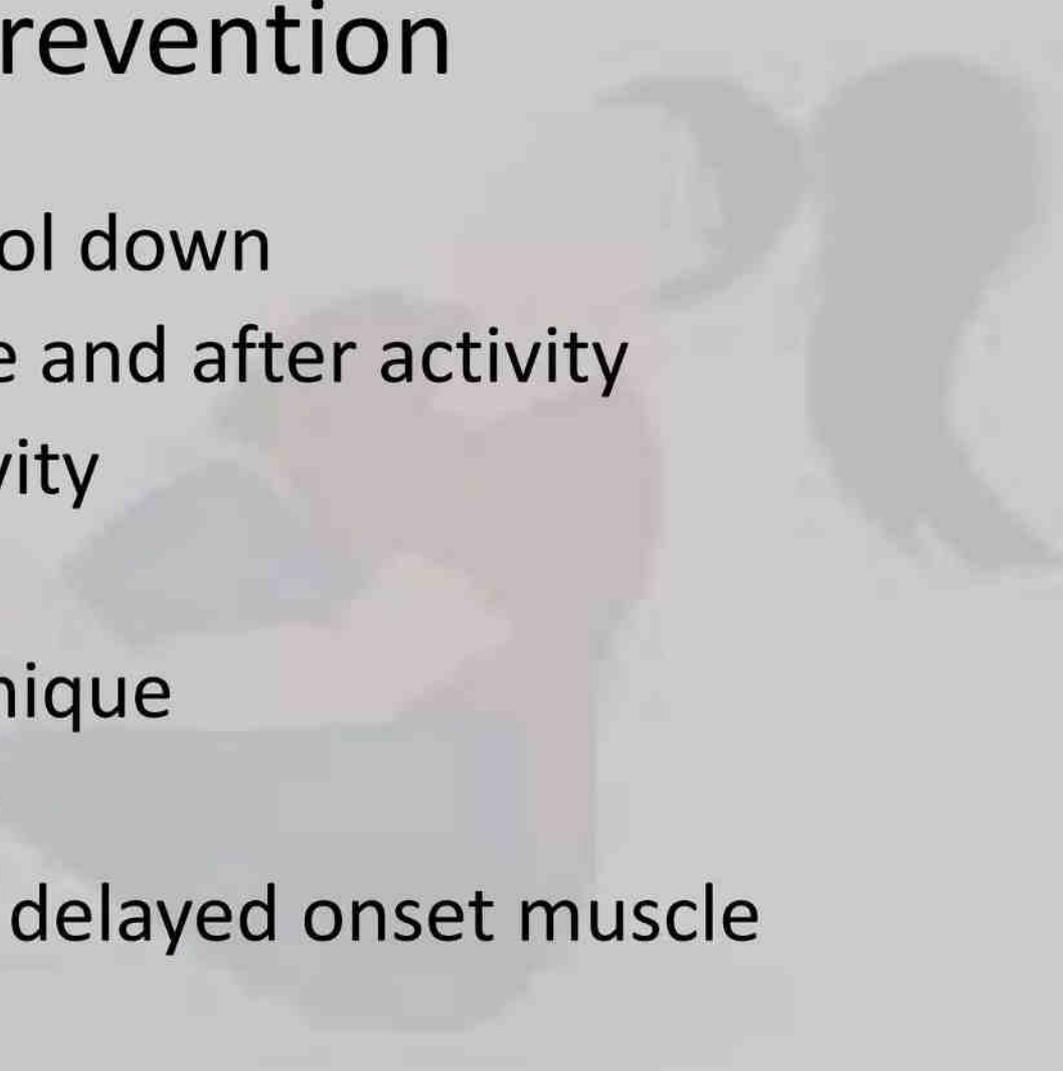
- Pulled hamstrings
- Plantar fasciitis
- Iliotibial band syndrome
- Carpel tunnel syndrome
- Lower back pain



Common head injuries

- **A contusion** is another way to say bruise and is the bleeding in the brain due to localized trauma.
- **A concussion** refers to more widespread brain trauma from a blow to the head or swift shaking
- **Laceration** is the tearing of skin with a sharp object or by impact injury from a blunt object or force that results in an irregular wounds.

Prevention

- Warm up and cool down
 - Stretching before and after activity
 - Cross –train activity
 - Dress right
 - Use proper technique
 - Improve posture
 - Avoiding DOMS(delayed onset muscle soreness)
- 

Sport injury rehabilitation

- **Early-stage rehabilitation** is gentle exercise allowing for the damaged tissue to heal. This stage is often rushed and will result in poor quality healing and will be prone to re-injury.
- **Mid-stage rehabilitation** involves progressively loading the muscles/tendons/bones or ligaments to develop tensile strength producing a healed tissue that will be able to withstand the stresses and strains of everyday life and exercise.
- **Late** – the final stage (late) of rehabilitation is where the tissue adapts and is stressed using functional exercises and drills to ensure the body is ready to return to play.

Pilates

- Pilates is a system of repetitive exercises performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.

- Centering
- Concentration
- Control
- Precision
- Breath
- Flow



Tapping

- Taping is a form of strapping. It is the procedure that uses tape, attached to the skin, to physically keep in place muscle or bone at a certain position to reduce pain and aids recovery.
- It is a form of partial immobilization of joint. which allow for a certain level of functional mobility.



Stretching

- There are a number of different types of stretching exercises which can be done to improve flexibility. The most appropriate technique will depend on your specific aims and include:
 - Static stretching
 - Dynamic stretching
 - PNF
 - Ballistic stretching
 - Neural stretching

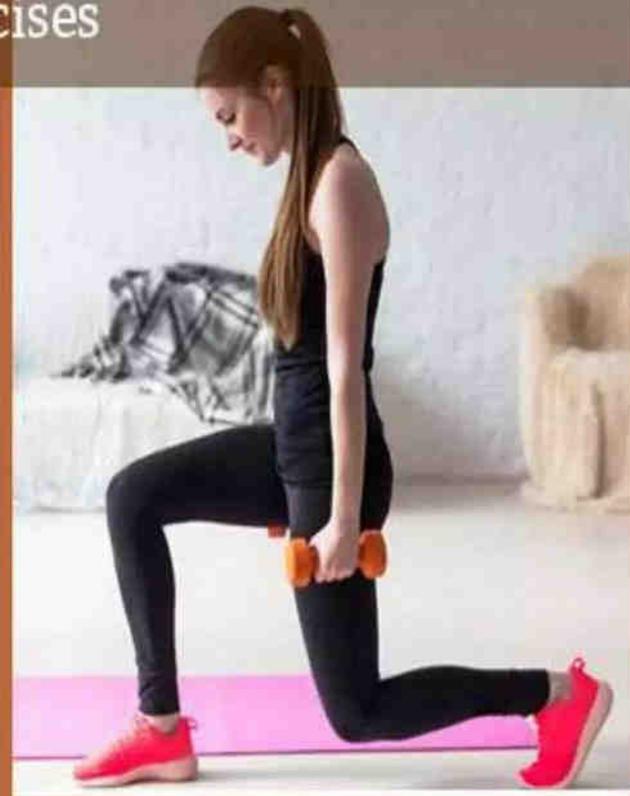
Popular Ballistic Stretching Exercises



Sitting Toe Stretch



Standing Toe Stretch



The Standing Lunge

Advance physiotherapy

- Dry needling
- Cupping
- Gait analysis
- EMG & NCV





***THANK YOU
HAPPY READING 😊***