



SPORTS INJURIES & REHABILITATION

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ABSTRACT

The purpose of this Health status often prevents any sports from being able to train complete. When player become injured or ill, so there are almost always negative consequences with respect to their participation or performance in sports unfortunately, much of the public and possibly health professional view athletics as a super health. Psychological rehabilitation techniques sport psychologists, Sports injury Psychological rehabilitation techniques what psychological rehabilitation techniques work best in getting an athlete back to full activity after injury? Although the process of rehabilitation has traditionally been viewed as physical in nature, it is now considered a multi-faceted process involving not only the services of surgeons and physiotherapists but also exercise scientists, dieticians, athletic coaches and sport psychologists.

The first component related to physical Education factors before and immediately after surgery the individuals Physical status was discussed in detail ad the possibility of returning to activity was pointed out though personal communication and he also profiles preliminary realistic information regarding the severity of the injury and what to expect in rehabilitation. The second stage be in immediately after surgery. This involves vigorous exercise of the injured extremity and upper body in the case of knee injury. The purpose of this is primarily for psychological rehabilitation. The third components involve active exercise in injured extremity. The important the participant to the sports as soon as possible because the time recovery from an injury is one of extreme pressure for the athlete, some personality fieriest may become more negative and rigid than normal and thus have an effect on the physician athlete relationship and several personality traits in athletes that will interact with personality of the physician, Psychologist, Coach or trainer and affect their relationship.

There are few psychological studies on sport injury prevention: instead there is a consistent research on rehabilitation process. That is why we chose to review the literature on psychology of sport injury rehabilitation. An injury does not affect exclusively physical capabilities, but also contextual and psychological aspects. In fact, in some situations, injuries can deprive athletes of their compensation increasing life-stress and determine fear to reinjure, sensation of loss, negative emotions, and other mood disturbances (Sparkesm2000; Vergeer,2006; Naoi & Ostrow,2008). The negative impact of injury depends only in part on how much time athletes have spent in sport: high performers, who have a stronger athletic identity, experience major feeling of loss and mood disturbance. However, they also have better reaction to the injury, probably because they have more psychological resources to cope the situation

DISCUSSION

Injury to an athlete may be considered to be either:

- ❖ **Acute injury:** Injury occurs suddenly to previously normal tissue. The principle in this instance is that the force exerted at the time of injury on the tissue (ie. muscle, tendon, ligament, and bone) exceeds the strength of that tissue damaging it. Forces commonly involved in acute injury are muscular contraction (eg. Muscle, tendon tears) twisting injury to joints (ankle spring, knee ligament injury and direct trauma/contusion. Medical aid therapy including RICE (rest, ice, pressure, rise) to the injury ought to be done ASI This is done to limit dying. Thereafter an early accurate diagnosis of the tissues injured is essential to directing the optimal treatment pathway. Treatment may involve surgery
- ❖ **Overuse injury:** Any repetitive activity (e.g. running, fast bowling, in cricket kho-kho sitting, running etc.) can lead to an overuse injury. The principal in overuse injury is that repetitive micro trauma overloads the capacity of the tissue to repair itself. The most common overuse injuries affect tendon(now termed Tendinopathy or tendinosis, a condition formerly known as tendinitis) and bone (Stress Fractures).
- ❖ **Exercises to Prevent Knee injuries:** Knee pain I a very common problem. Dead lifts (Which help fortify your back chain), side-lying leg lifts, jackass kicks, and divider squats are for the most part instances of activities that can help settle your knees and forestall agony or injury, For significantly more models please allude to the slides in the included article. One of the most well-known games wounds, particularly among sprinters, is iliotibial band condition, which happens when the tendon running from your hip to your shin, down the outside of your thigh turns out to be tight and additionally aroused. The IT band appends to your knee, so when its tight pretty much any sort of knee development can get difficult as the IT band is hauling your knee twisted. There are many exercise that can forestall this circumstance, including the accompanying. A froth roller is cheap wellness instrument that has numerous utilizations, and I enthusiastically suggest getting one. Spending only a couple minutes on it consistently can help discharge various diverse trigger focuses, increment blood stream, and improve tissue quality while at the same time drawing in your muscle and building quality. Froth rolling should be possible both when an exercise.
- ❖ **Tackling Tight Hamstrings:** Tight hamstrings is another common problem area that can lead to pulled muscles and sprains. Legitimate extending methods can assist you with staying lose and nimble to evade this. Studies have demonstrated that extending benefits connective tissue. Triggers the development of the protein fibers inside each muscle cell. Which is basic to appropriate body development, and improves the exhibition of your secure your muscles against additional injury. A stretching routine should be a regular part of your workout, whether your battling injuries or not. Examples of effective hamstring stretches. The stretches recommend are so called active isolated stretches not static stretches. Hamstring stretches are particularly crucial if you're doing sprints. While sprinting is a simple form of high intensity exercise that does not require any kind of equipment and can be done just about anywhere, anytime, its also one of the most dangerous. Unless you're in phenomenal shape and have special training in sprinting, its really important that you start gradually, and make sure to perform the recommended stretches. Other helpful activities incorporate leg raises, performed sitting in a seat, with a two to six pound free weight between your feet, and froth moving your calves and shins.

❖ **CONCLUSION:**

The athlete moves towards an acceptance of the injury and focus is directed to rehabilitation and a return to sports activity. This stage tends to mark the transition from an emotional to a problem coping focus as the athlete realizes what needs to be done to aid recovery. The time scale for progression through these stages can vary considerably and setback during rehabilitation can lead to further emotional disturbance. In cases of very serious injury and ones in which the emotional reactions are prolonged. The skills of a clinical psychologist might be required. Although injury is an integral part of sport and it is bound to happen a sports person can reduce the risk of injury by exercise. There are various exercises which can help in preventing the injuries. Game specific exercise and warm up helps in prevention of particular sports and coaches should be also trained about injuries and exercise that can be helpful in preventions.

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