



REVIEW OF INJURIES SUSTAINED WHILE PLAYING VARIOUS SPORTS

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Abstract

The main objective of this article was to clarify the injuries that occur while playing various sports. Some important sports like Volleyball, Kabaddi, Kho-Kho and Handball have been discussed in this article. Many researches provide evidence that injuries occur depending on the nature of the sport, some of which are very serious injuries and some are injuries caused by overuse. Bone fractures, stress fractures, shin splints/pain, joint dislocation, osteoarthritis, ligament sprain/tear, swelling, muscle strain, cramps and skin abrasions are many of the injuries encountered in sports. It is suggested that the chances of injuries can be reduced by providing proper training to the players and providing detailed information about the injuries that can occur in sports. These injuries can be prevented by preparing players according to the nature of the game and developing their physical abilities.

Index Terms –: Injury , play , sports

Introduction

Play is an ongoing activity in human life, which continues from birth to death, only its nature keeps changing, like one child keeps playing as per his wish for his entertainment, but the other is bound by rules and a In the form of competition, one keeps playing games to win, in other words, a person keeps playing various games in his life for his entertainment. According to the nature of sports, many injuries also occur in it. Today, the importance of sports seems to be increasing in our country, the reason for this is that today sports are watched and played to maintain one's health, to earn name, to earn money and for entertainment.

While playing sports, one has to face common or serious injuries due to lack of proper physical capacity or mental capacity and some immediate situations. The cause of injury can vary depending on the activity, but there are some sports in which the same types of injuries occur more frequently. We all know that when there is any sports activity related to running, most of the ankle related injuries occur. In this way, whatever sport we are involved in, we often keep performing the sporting activities according to its nature and then have to face the same injuries that any player had to face while playing that sport. Therefore, it is very important to know which injuries can be faced during which sport. In this article, injuries occurring in some sports have been reviewed as follows.

Injuries caused while playing various sports:

In this article, some important games have been discussed which are commonly played. Under which volleyball, kabaddi, kho-kho and handball have been discussed.

Injuries while playing volleyball:

Generally, it has been seen that volleyball players suffer ankle injuries, the reason for this is that when a player jumps near the net, there is a possibility that he will not land properly while landing. If he is unable to do so and suffers ankle injuries, there is another possibility that he may land on the feet of another opposition player. There is a high possibility of hand injuries in the game of volleyball because that game is played entirely with hands. When a smudge is made, there is a possibility of the finger getting fractured. While bowling, the ball may hit the fingers and it may get fractured. While performing both these activities, sprains, tendon ruptures and fractures occur in the joints. The third important injury is Knee injuries. While playing this game, all the players always have to jump. Due to which there is a possibility of tendinitis and ligament injuries. Shoulder injuries can occur while bowling, smashing, and overhead serves. There is a possibility of another injury during this game, which is lower back pain because jumping is required in this game, due to which this common injury occurs. A study conducted in (Reitmayer, 2017) revealed that ankle sprain is by far the most common injury pattern. The knee is the second most commonly injured. The third most frequent injury is to the fingers, followed by lower back and shoulder injuries, while other injuries occur less frequently.

Injuries while playing Kabaddi:

Kabaddi is an ancient game of India which is designed to increase physical ability, in which there is a lot of physical contact. The nature of this game is such that players have to face many types of injuries. In this sport one has to face injuries during training and playing also. Knee and ankle injuries are very common in this sport. Because when a raider goes to raid, his leg is caught by the defenders due to which his knee and ankle get injured. Many times a raider has to suddenly change his direction. In such a situation, turning to tuck is a common injury, as well as sudden running, stopping and changing direction, which causes injury to the ligaments of many players. A defender can also suffer these injuries as he has to move backward with speed, stop suddenly and then run, which increases the risk of ligament injuries. The ligaments which are most affected due to sudden movements in Kabaddi by Sprains and muscle strains are very common during the game of Kabaddi because when the raider is caught, his leg and pulled. Due to which one or more ligaments of the knee get completely broken. In this game, when the raider bowls, actions like pulling or pushing are done, due to which there is a risk of ankle fracture. In the game of Kabaddi, injuries to the calf muscles occur, the reason for which is that the skill of this game is such that due to which this problem arises. The most common injuries in the game of Kabaddi are ankle sprain, strain, shoulder dislocation or dislocation, and sometimes fractured muscles, ligaments or even a broken bone. This has come to light based on the results of (Pal, 2021) and review of several studies.

Injuries while playing Kho-Kho:

Kho-Kho is also a very popular game played in India. After reviewing many studies, it was found that Kho-Kho players also have to face more knee and ankle injuries like in Kabaddi game. While playing this game, the player uses the explosive power of his legs, due to which the leg muscles get tired and have to face injuries. In this game too, sudden direction change has to be done in which the legs are used the most. When the sudden change of direction is made then maximum stress is generated on the muscles and joints of the legs, due to which knee and ankle injuries occur in this game. Another important skill in this sport is pole diving, which puts the maximum stress on the shoulders, wrists and hands, which leads to strain on the hands, rupture of ligaments and muscle strain injuries. Soft tissue injuries, such as skin injuries, are more common when pole diving. In this context, the results of the study conducted by (Pal, et. al., 2022) and (Patil, et. al. 2019) are as presented in this article.

Injuries while playing handball :

(Vila, et. al. 2022) Based on their review of studies, they concluded that the most frequent injuries among handball players occur in the lower limbs (thigh, knee and ankle) and in the upper limbs, the shoulder. In relation to playing conditions, players who play above the 6-metre line are most affected by injuries, while female players are more likely to suffer injuries. Most injuries occur during competition. Other studies have shown that throwing the ball is associated with shoulder injuries. There

is a greater possibility of fracture of fingers while catching the ball. While running and catching ball, one has to move or turn in the direction of the given pass, due to which one has to face more knee and ankle injuries.

Conclusion:

Based on the review of this article and other research, we conclude that some important sports like Volleyball, Kabaddi, Kho-Kho and Handball are prone to bone fractures, stress fractures, shin splints/pain, joint dislocations, ligament There are many injuries that can occur in these sports, including sprains/tear, swelling, muscle strain, cramps and scratches on the skin. It has been suggested that the likelihood of injuries can be reduced by providing proper training to players and providing detailed information about injuries that can occur in sports. These injuries can be prevented by preparing players for the nature of the game and developing their physical abilities.

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