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Injuries Occur During Sports

Michael Tanzer*

Department of Surgery, McGill University, Montreal, Canada

***Corresponding author**: Michael Tanzer, Department of Surgery, McGill University, Montreal, Canada, Tel: 514-934-8240; E-mail: michael.tanzer@mcgill.ca

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Introduction

Sports injuries are differ in terms of the type of injury, how they present in individuals, and how the injury should be managed. Defining exact definition of sports injury can be problematic are not consistent. Sports injuries are injuries that occur when playing sports or doing exercise. These injuries can occur due to overtraining, lack of conditioning, and improper form or technique. Improper warmup increases the risk of sports injuries. Bruises, sprains, tears, broken bones and strains can result from sports injuries. Soft tissues like muscles, ligaments, tendons and bursa may be affected. Injury occurs suddenly to normal tissue. Acute injuries are occur due to sudden damage to the tissue. The symptoms of acute injuries are almost occur suddenly. The principle in this case is that the force exerted at the time of injury on the tissue exceeds the strength of that tissue. Forces that are commonly involved in acute injury are either direct or indirect. Acute injuries can be classified according to the site of the injury and the type of injury.

Soft tissue injuries

When soft tissue experiences damage the dead and damaged cells release chemicals. This tissue initiate an inflammatory response. The small blood vessels that are damaged become larger which produce bleeding within the tissue. The body's normal response includes forming a small blood clot in order to stop the bleeding and allows to form a clot of special cells, called fibroblasts. This starts the healing process by laying down scar tissue. Therefore, the inflammatory stage is the starting phase of healing. However, too much of an inflammatory response in the early stage indicates that the healing process takes more time and the return to activity is delayed. Sports injury treatments are considered to minimize the inflammatory phase of an injury, so that the overall healing process is accelerated. Intrinsic and extrinsic factors are crucial for the healing process.

Low back pain

There are several causes for low back pain. Back pain may be due to overuse, such as playing too many rounds of golf or lifting heavy weights. This kind of back strain usually settle on its own without treatment. Rest and anti-inflammatory medications can provide relief. Using proper equipment and doing safe postures when exercising and increasing the duration of workouts slowly can help to protect the back. In some cases, it is necessary to modify exercise technique or perform daily warm-ups in a different way in order to reduce the risk of back injury. Other causes of back pain is more serious and require medical or surgical treatment. Low back pain can include a wide variety of symptoms. Low back pain may start suddenly, can start slowly frequently coming and going and gradually get worse over time.

Hip bursitis

The hip region contains two major bursae. The bursa located on the outside of the hip is called the trochanteric bursa. The other is called the ischial bursa which covers the ischial tuberosity, which is commonly known as the sits bones. Inflammation of bursa may lead to stiffness and pain around the hip joint not to be confused with the true joint pain of arthritis. Overuse of bursa from running, cycling, and similar activities can lead to hip bursitis. This condition causes hip pain that tends to be severe at night. Getting up suddenly from a seated position may cause pain. Treatment of hip bursitis consists of avoiding activities that produce symptoms and taking nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce pain and swelling. Physical therapy and steroid injections may be justified. Using a cane or other assistive device may help to take the load off the inflamed joint.

Achilles tendonitis

Achilles tendonitis is swelling that causes pain on the lower back of the leg just above the heel. The area may become painful, swollen, and stiff. The pain worsens after physical activity. The tendon may become thickened and, in some cases, bone spurs may develop in the area. Achilles tendonitis may be treated with rest, ice, stretching, and nonsteroidal anti-inflammatory drugs. Strengthening exercises prescribed by a physical therapist may help. Special footwear and orthotics can help take the strain off the affected heel. There are several simple actions that individuals can take to prevent or reduce tendinitis. Though commonly used, some of these actions have limited or no scientific evidence to support them, namely pre-exercise stretching. Strengthening calf muscles, avoiding over-training, and selecting more appropriate footwear are more well-regarded options. Running mechanics can be improved with simple exercises that will help runners avoid Achilles injury. Treatment typically involves rest, ice, non-steroidal anti-inflammatory agents (NSAIDs), and physical therapy.

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