



## Sports-Related Injuries among Athletes

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### Editorial Note

Sports injuries are injuries that occur during sport, athletic activities, or exercising. Within the US, there are approximately 30 million teenagers and youngsters combined who participate in some sort of organized sport of these, about three million athletes age 14 years and under experience a sports injury annually. Consistent with a study performed at Stanford University, 21 percent of the injuries observed in elite college athletes caused the athlete to miss a minimum of at some point of sport, and approximately 77 percent of those injuries involved the lower leg, ankle, or foot. Additionally to those sport injuries, the leading explanation for death associated with sports injuries is traumatic head or neck occurrences. When an athlete complains of pain or an injury, the key to a diagnosis is to get an in depth history and examination. An example of a format won't to guide an examination and treatment plan may be a S.O.A.P note or, subjective, objective, assessment, plan. Another important aspect of sport injury is prevention, which helps to scale back potential sport injuries. It's important to determine sport-specific dynamic warm-ups, stretching, and exercises which will help prevent injuries common to every individual sport.

Nearly two million people per annum suffer sports-related injuries and receive treatment in emergency departments. Fatigue may be a large contributing factor that leads to many sport injuries. There are times where an athlete may participate on low energy resulting in the deterioration in technique or form, leading to a slower response time, loss in stability of muscle joints, and allowing an injury to occur. For both sexes the foremost common areas injured are the knee and ankle, with sprains/strains being the foremost common areas for injury. Injuries involving the patellofemoral articulation are significantly more frequent among females. The game with the very best injury rate is football, with greater than 12 times the amount of injuries seen within the next commonest sport. When soft tissue experiences trauma the dead and damaged cells release chemicals, which initiate an inflammatory response. The tiny blood vessels that are damaged become dilated which produce bleeding within the tissue. The body's normal response includes forming a little grime so as to prevent the bleeding and allows a clot of special cells, called fibroblasts, to form.

This begins the healing process by laying down connective tissue. Therefore, the inflammatory stage is that the first phase of healing. However, an excessive amount of of an inflammatory response within the early stage can indicate that the healing process takes longer and a return to activity is delayed. Sports injury treatments are intended to attenuate the inflammatory phase of an injury, in order that the general healing process is accelerated. Intrinsic and extrinsic factors are determinant for the healing process.

Head and neck injuries can include a spread of pathologies from sprains, strains and fractures to traumatic brain injuries and medulla spinalis injuries. Sprains and strains can occur from an abrupt rotation or whipping motion, like whiplash. Stress injuries (stress fractures and stress reactions) of the lumbosacral region are one among the causes of sports-related lower back pain in young individuals. The onset of the observed cervical fractures in sports injury were likely thanks to continued momentum that transferred loads superiorly through the neck, which likely exacerbated the injuries to the occipital condyles and therefore the upper cervical vertebrae. Researchers have reported that 3-25% of cervical spine injuries actually occur after the initial traumatic event and are caused or exacerbated by improper handling during early stages of management or patient transport. There are several factors which will put an athlete more in danger surely injuries than others. Intrinsic or personal factors that would put an athlete at higher risk for injury might be gender. For instance, female athletes are typically more susceptible to injuries like ACL tears. There are approximately 1.6-fold greater rate of ACL tears per athletic exposure in high school female athletes than males of an equivalent age range. Other intrinsic factors are age, weight/body composition, and height, lack of flexibility or range of motion, coordination, balance, and endurance. Additionally, biological factors like flatfoot, peps caves, and valgus or virus knees which will cause an athlete to possess improper biomechanics and become predisposed to injury.

Prevention helps reduce potential sport injuries and provides several benefits. Some benefits include a healthier athlete, longer duration of participation within the sport, potential for better performance, and reduced medical costs. Explaining the advantages to participate in sports injury prevention programs to coaches, team trainers, sports teams, and individual athletes will give them a glimpse at the likelihood for fulfillment by having the athletes feeling they're healthy, strong, comfortable, and capable to compete. Elite athletes dedicate an immense amount of your time and energy and may suffer from both physical and mental roadblocks. Therefore, it's important that rehabilitation programs account for psychological state as a robust component of the recovery process for athletes, in order that they're better prepared to manage not only the physical burden but also the psychological effects of their injury. Understanding the injured athlete experience from a physical, psychological, and social perspective is important for athletes to return to their sport once they are both physically and mentally prepared and perform at their optimal level.

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