

Vol 3 Issue 3 April 2013

Impact Factor : 0.2105

ISSN No : 2230-7850

---

Monthly Multidisciplinary  
Research Journal

# *Indian Streams Research Journal*

Executive Editor

Ashok Yakkaldevi

Editor-in-chief

H.N.Jagtap

---

**IMPACT FACTOR : 0.2105**

**Welcome to ISRJ**

**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

***International Advisory Board***

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathmatial Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [ PK ]
Janaki Sinnasamy Librarian, University of Malaya [ Malaysia ]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	Nawab Ali Khan College of Business Administration

***Editorial Board***

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikar Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India  
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



## SPORTS FIELD INJURIES

LAKDE ATUL TANAJI

(Assi. Prof.)  
College of Education, Barshi Dist – Solapur Maharashtra

### Abstract:

*Increased participation in sports, increase in the number of opponents and desire to win has lead to the cause of increase in sports injuries. Sports injuries on the field or off the field affect the performance of the player or team, and causes damage to the bones, soft tissues or even cause permanent disability and death of the sportsmen. This clinical review unfolds the incidence and distribution, physiology, injury characteristics and the prevention modalities.*

### KEYWORDS:

Sports , Injuries , performance , Physical activity .

### INTRODUCTION :

At a young age, injury to the sportsmen can result in limb deformities and wrong posture. Weight-bearing joints including the hip, knee and ankle are at risk of developing osteoarthritis in athletes, after injury or in the presence of injuries especially in association with high impact sport. Soft tissue injuries can reduce the flexibility and strength of the muscles. Physical activity in sports comes with an inherent risk for injury. Regular medical examination may be an excellent opportunity to create special guidelines and awareness among the athletes.

### OBJECTIVES OF THE STUDY:

- \*To study types of Sports Field Injuries
- \*The Find out the causes of Sports Field Injuries
- \*Treatment of these Sports Field Injuries
- \*Methods to prevent these Sports Field Injuries
- \*Rehabilitation of these Sports Field Injuries

### ANALYSIS & INTERPRETATION OF DATA/INFORMATION

Opinions by Orthopedics, Physio-Therapist and Trainers/Coaches on the causes of Sports field Injuries are collected and they were compared. Remedial measures recommended for the treatment, rehabilitation and prevention are suggested.

### Major findings are as follows

Following are the types of Sports Field Injuries

Chronic injury

Acute injury

Continuous stress

Title :SPORTS FIELD INJURIES  
Source:Indian Streams Research Journal [2230-7850] LAKDE ATUL TANAJI yr:2013 vol:3 iss:3

**SPORTS FIELD INJURIES**



Overuse injury	Soft tissue injury	Hard tissue injury
Open injury	Closed injury	Cuts
Grazes and abrasions	Blisters and chafing	Bruising
Strains / pulled muscle	Sprain	Dislocation
Concussion	Dehydration	Hypothermia

Fracture – simple / closed    Fracture – compound / open

Following are the causes of Sports Field Injuries

- |                                |                                |
|--------------------------------|--------------------------------|
| -Faulty Biomechanics           | -Lack of knowledge             |
| -Overuse                       | -Wrong Techniques              |
| -Lack of Preparation           | -Incorrect foot wears          |
| -Inadequate fitness            | -Fear of the opponents/failure |
| -Insufficient warm-up          | -Lack of mental preparation    |
| -Improper sports clothing      | -Uneven surface                |
| -Lack of protective equipments | -Improper diet                 |
| -Inadequate Rest/Sleep         | -Irregular medical check up    |

Treatment and First Aid recommended to treat these Sports Field Injuries

**Treatment**

- |                              |                                  |
|------------------------------|----------------------------------|
| -Diagnosis by a Doctor       | -Prevention/Protection           |
| -Injection Tetanus Injection | -Cleaning and dressing of wounds |
| -Medication as required      |                                  |

**First Aid**

- |               |             |
|---------------|-------------|
| Do            | Don't       |
| R-Rest        | M-Massage   |
| I-Ice         | A- Activity |
| C-Compression | H- Heat     |

**E-Elevation**

Following are methods to prevent these Sports Field Injuries

- Warm-up and cool-down
- Protective equipment
- “If someone had produced a batting helmet during the Bodyline series, I would certainly have worn it.”
- Correct techniques and supervision
- Avoid overuse
- Medical and orthopedic check up
- Training area and playing surfaces
- Improve fitness – flexibility and strength
- Balanced competition
- Environmental factors
- Do not play/ train through injury
- Rehabilitation measure to treat these Sports Field Injuries
- Physiotherapy Exercise
- Proper Diet
- Emotional Support
- Strength Training Exercise (under supervision)
- Physical Fitness Test (before returning to the game)
- Regular medical Check-Up

## SPORTS FIELD INJURIES



### SURVEY METHOD

A comprehensive Medline literature search was performed, and the reference lists of sports injuries related journals and a text book was consulted along with the expert opinions of coaches, trainers and doctors working in the field of sports.

### DISCUSSIONS/CONCLUSION

Most injuries caused in sports occur on the field. The training/coaching program should take into account the gender, age, physical, physiological and psychological maturity of the sportsmen so that athletes can adjust to the changes in the load during training and competitions. This data provides information that will be useful to coaches, trainers, sportsmen/athletes, state and federal medical teams in preparing for future games and training/coaching program.

### REFERENCES

- 1-Sports Injuries Causes, *Diagnosis, Treatment and Prevention* (S. Bird, N. Black and P. Newton)
- 2-*Sports Injuries Guide Book* (Robert Gotlin)
- 3-*First Aid*, CPR and AED (L. Alton, Thygerson and Benjan)
- 4-*Beating Sports Injuries* (Andrew Pallas, Len Saputo)
- 5-*Biomechanics of Musculoskeletal Injuries* (William. C)
- 6-*Sports Medicine and Athletic Training* (Robert C France)
- 7-Musculoskeletal Trauma : *Implication for Sports Injuries Management* (Gary Delforge)
- 8-E- *References*

### ARTICLES

- 1-Result of RRI study season 2011-12 (Training and Injuries prevention platform for sports)
- 2-Sports Injuries surveillance of Young Athletes in Luxembourg result 2010-11
- 3-Effect of running shoes cushioning on injuries occurrence

# Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

## Associated and Indexed,India

- ★ International Scientific Journal Consortium    Scientific
- ★ OPEN J-GATE

## Associated and Indexed,USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005,Maharashtra  
Contact-9595359435  
E-Mail-[ayisrj@yahoo.in](mailto:ayisrj@yahoo.in)/[ayisrj2011@gmail.com](mailto:ayisrj2011@gmail.com)  
Website : [www.isrj.net](http://www.isrj.net)