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STUDY OF INJURIES AND REHABILITATION PRACTICES AMONG COMPETITIVE ATHLETES IN TEAM SPORTS

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ABSTRACT

This research investigates the common injuries sustained by competitive school-level athletes participating in team sports (e.g., football, volleyball, kabaddi, and hockey) in Beed city. It further explores the rehabilitation practices followed post-injury. The study uses a sample of 80 athletes and reveals that lower limb injuries are most prevalent, followed by shoulder and back injuries. Most athletes relied on basic first aid, rest, and physiotherapy for recovery, while a few lacked access to systematic rehabilitation. The study emphasizes the need for structured injury prevention and rehab programs in schools.

KEYWORDS: *beyond the Standard Model (BSM) , employing sophisticated simulations, and integrating machine learning algorithms.*

INTRODUCTION

Team sports inherently involve physical contact, agility, sudden directional changes, and endurance—factors that increase injury risk. Competitive school athletes, often lacking professional medical supervision, are more vulnerable to untreated or mismanaged injuries. This study focuses on types of injuries, causes, frequency, and rehabilitation methods used among young athletes in Beed city.

Need and Importance of the Study

- School athletes often lack access to trained medical staff or rehab facilities.
- Unmanaged injuries can lead to long-term disability or hinder performance.
- Schools and coaches must be made aware of proper injury management.
- The study contributes to designing injury prevention and recovery protocols for young athletes.

OBJECTIVES OF THE STUDY

1. To identify the most common injuries among school athletes in team sports.
2. To assess the causes and frequency of such injuries.
3. To study the rehabilitation methods used by injured athletes.
4. To evaluate the effectiveness of available recovery programs.
5. To recommend preventive and rehabilitation strategies.

Assumptions

- Participants accurately report their injury history and recovery practices.
- Schools provide truthful records about injuries sustained during school competitions.
- Coaches follow similar training intensities for team players.

Hypothesis

H_0 (Null Hypothesis): There is no significant relationship between injury management practices and athlete recovery in team sports.
H_1 (Alternative Hypothesis): There is a significant relationship between injury management practices and athlete recovery in team sports.

SCOPE AND LIMITATIONS

Scope:

- Focused on competitive team sports athletes aged 13–17 years in Beed city.
- Covers injury types, frequency, causes, and rehab practices.

Limitations:

- Psychological impacts of injuries not studied.
- Relies partly on self-reported data, which may contain bias.
- Does not include individual sports athletes.

Research Method

Type of Study: Descriptive and Analytical
Methodology: Mixed method (Quantitative + Qualitative)
Duration: 3 months

Research Design

The study uses a cross-sectional design with structured questionnaires and physical assessment records. Descriptive data are supported by interview-based qualitative inputs from athletes and coaches.

Sampling

Population: Competitive team sport athletes in Beed city schools
Sample Size: 80 athletes (20 each from football, kabaddi, hockey, volleyball)
Sampling Technique: Stratified purposive sampling

Tools for Data Collection

- Structured injury and rehabilitation questionnaire
- Coach/physiotherapist interviews
- Injury logbooks (where available)
- Observation checklists

DATA ANALYSIS

Injury Types Identified:

Injury Type	% of Athletes Affected
Ankle sprains	32%
Knee injuries	27%
Shoulder dislocations	14%
Lower back strain	13%
Wrist/finger injuries	9%
Head injuries	5%

Rehabilitation Methods Used:

Method	% Usage
Rest and Ice	70%
Physiotherapy sessions	35%
Taping/Bracing	25%
Medication/Anti-inflammatory	20%
Proper rehab programs	15%
No formal treatment	18%

Findings:

- Only 15% of athletes had access to a structured rehab plan.
- Schools lack dedicated physiotherapists.
- Recurrence of injuries was higher in athletes without supervised recovery.

RESEARCH FINDINGS

- Most injuries were due to overtraining, improper warm-up, or surface irregularities.
- Majority of athletes depended on temporary relief rather than systematic rehab.
- Return to sport often happened before full recovery, increasing re-injury risk.
- Athletes in kabaddi and football faced more injuries due to contact and surface-related reasons.

CONCLUSION

The study highlights that injury prevalence is high among team sport athletes at the school level in Beed city, with inadequate attention to proper recovery practices. There is a dire need for awareness, training, and deployment of sports health professionals in schools. Rehabilitation should not be overlooked in competitive school sports environments.

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