***Presentation On***

# SPORTS INJURY

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Sports injuries refer to the kinds of injury that occur during sports or exercise. While it is possible to injured any part of the body when playing sports.

# DIFFERENT TYPE OF SPORTS INJURIES

- Soft tissue injury
- Abrasions
- Laceration/Deep Cut
- Blisters
- Contusion
- Strain
- Sprain

- Hard tissue injury
- Dislocation
- Fracture – simple
- Fracture – compound
- Dehydration
- Hypothermia
- Chronic injury
- Acute injury
- R.I.C.E.

# SOFT TISSUE INJURIES

Soft tissue injuries can be open or closed.
An open injury means that the skin has been broken – blood usually escapes.

Open injuries include cuts, blisters .

A closed injury occurs beneath the skin – there is no external bleeding. Closed injuries include bruising, pulls, strains and sprains.

# ABRASION

An **abrasion** is a type of open **wound** that's caused by the skin rubbing against a rough surface. It may be called a scrape or a graze. When an **abrasion** is caused by the skin sliding across hard ground, it may be called road rash. **Abrasions** are very common **injuries**. They can range from mild to severe.

# LACERATION/DEEP CUT

Laceration, tearing of the skin that results in an irregular wound. Lacerations may be caused by injury with a sharp object or by impact injury from a blunt object or force. They may occur anywhere on the body. In most cases, tissue injury is minimal, and infections are uncommon.


Deep Cut require immediate attention to stop bleeding.

After the cut is cleaned, plasters and dressings can be used to control bleeding and protect the wound.

Deep cuts may need stitches to hold the skin together.

# BLISTERS

Blisters are caused by the skin rubbing on other surfaces.

They most commonly occur on the feet, due to ill-fitting shoes, and on the hands, due to excessive wear and tear (e.g. from rowing and archery).

A bubble of liquid forms just under the skin to protect the area while new skin is grown underneath. Never burst the bubble, as the blister may then become infected.

# CONTUSIONS

**Contusions** cause swelling and pain, and limit joint range of motion near the **injury**. Torn blood vessels may cause bluish discoloration. The **injured** muscle may feel weak and stiff. Sometimes a pool of blood collects within damaged tissue, forming a lump over the **injury** (hematoma).

# STRAIN

Strained (pulled) muscles result from muscles being suddenly and forcefully overstretched.

This tears the muscle fibres, usually where they attach to the tendon. The muscle is painful and its strength is reduced.

strains should be treated with ice to reduce the swelling.

# SPRAIN/ TWISTED ANKLE

Sprains are different to strains – they involve ligaments rather than muscles and tendons.

Sprains occur when ligaments at joints get stretched and torn. A sharp twist of the foot can give you a sprain or twisted ankle. Severe sprains result in torn ligaments.

Sprains are more serious than strains, and result in considerable pain and loss of function at the joint. The symptoms are similar to a fracture or dislocation.

Sprains should be treated with ice and rest.

# HARD TISSUE INJURIES

Hard tissue injuries are bone fractures – the bone either cracks or breaks.

Fractures lead to:

- bruising and swelling
- pain due to nerve damage
- the limb or area of the body where the break is becomes immobile
- if it is a bad fracture, the area will look obviously deformed.

Shin splints are a form of fracture caused by repeated stress.

# HARD AND SOFT TISSUE INJURIES

Injuries can also be classified as soft tissue or hard tissue injuries.

Hard tissue injuries are bone injuries.

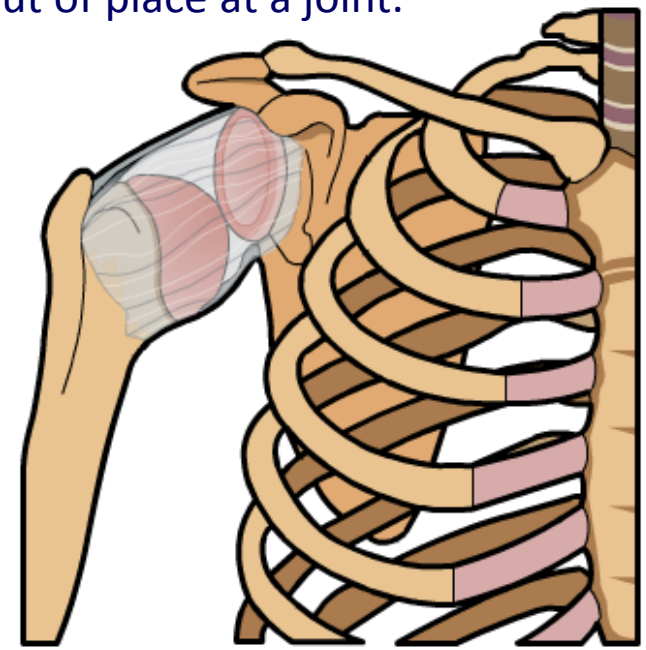
Soft tissue injuries involve damage to skin, muscles, tendons, ligaments or cartilage.

# DISLOCATION

A dislocation occurs when a bone is pulled or twisted out of place at a joint.

When the shoulder is dislocated, the humerus is pulled out of the socket on the scapula.

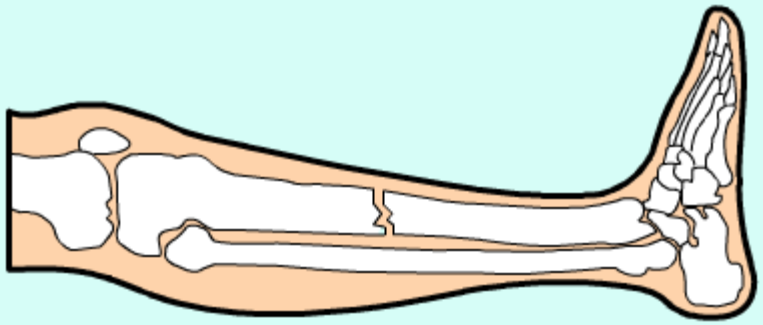
The injured person is usually unable to move their arm, and the shoulder loses its rounded shape.



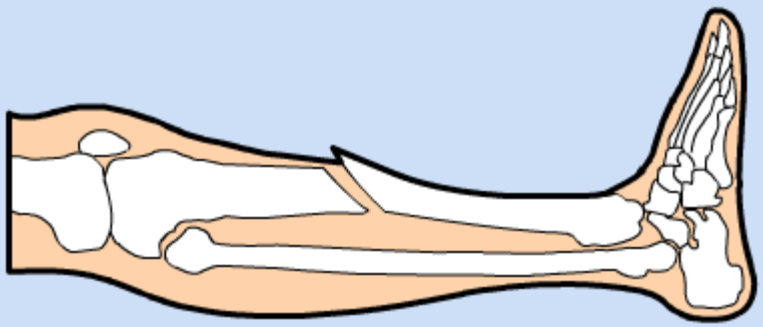
Dislocations are very painful. They require hospital treatment to move the bone back into position.
The ligaments and tissue around the joint can take a long time to recover.

# FRACTURES

Fractures can be open (simple) or closed (compound).



A simple or closed fracture means that the bone is cracked but the skin is not broken.



A compound or open fracture means that the skin is broken and the bone is sticking out.

Open fractures are more serious. They usually involve blood loss.

# FRACTURES

Fractures are usually caused by violent impacts. They are most common in contact sports like rugby, and sports where there is a risk of falling from height or at speed, for example, horse riding, skiing and climbing.

Fractures are difficult to prevent as they are caused by sudden and unexpected events or accidents. Using correct technique and playing by the rules can reduce the risks to some extent.

Fractures should be treated by immobilizing the injured area with a splint or sling and controlling any bleeding with a dressing. The casualty should not be moved until the ambulance arrives, unless absolutely necessary.

# DEHYDRATION

When we exercise, especially in hot conditions, the body loses water as a result of sweating.

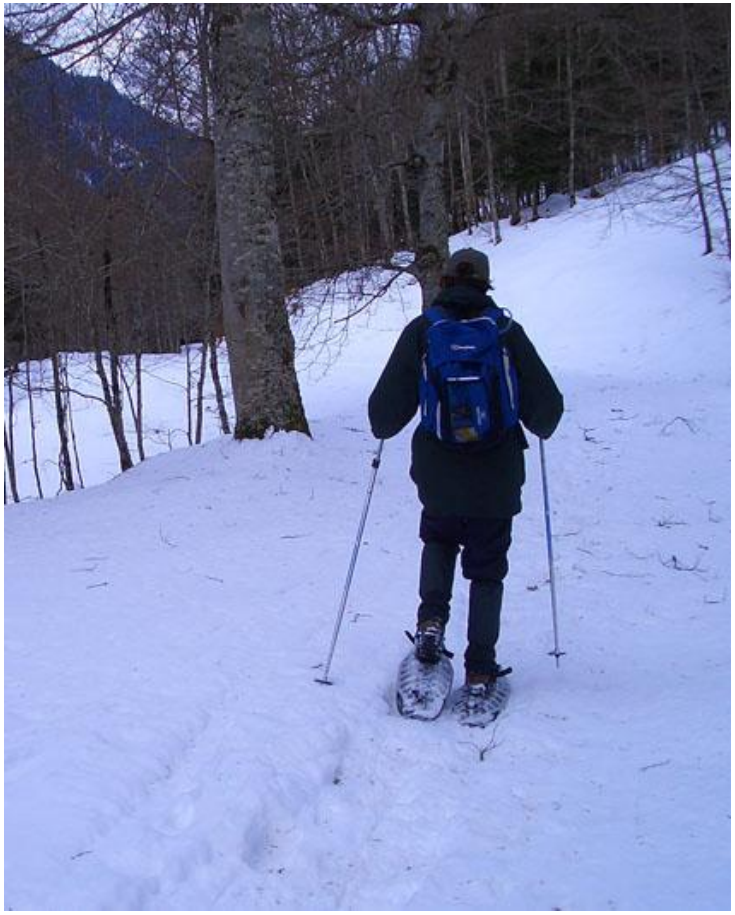
If the performer does not re-hydrate by drinking lots of water, they may suffer from dehydration.

The body also loses important electrolytes – salts which conduct nerve impulses and maintain cell metabolism.

This results in the performer feeling very tired, nauseous and faint.

The performer should stop exercising and re-hydrate somewhere cool.

# HYPOTHERMIA



Normal body temperature is 37°C.

If a performer's body temperature falls below 35°C, they begin to suffer from hypothermia.

People who take part in activities in mountainous areas or on water are particularly at risk.

Common symptoms of hypothermia are shivering, paleness, loss of dexterity and erratic behavior.

A hypothermic person should be warmed-up gradually.

They need warm, dry clothing, warm drinks and high energy foods.

# CHRONIC INJURIES

Injuries can be classed as chronic or acute. First, we will consider chronic injuries.

Chronic injuries are caused by continuous stress on a body part over a long time.

Here are some common chronic injuries:

- tennis elbow
- golfers elbow

Chronic injuries can be caused by training too hard, not allowing time for recovery, poor footwear and bad technique.

# CHRONIC INJURIES: TENNIS AND GOLF ELBOW

Overuse injuries can occur due to repeated powerful muscle movements.

Golf and tennis put a lot of strain on the elbow.

In golf and tennis elbow, the tendons that attach muscles to the elbow joint become inflamed, sore and painful.

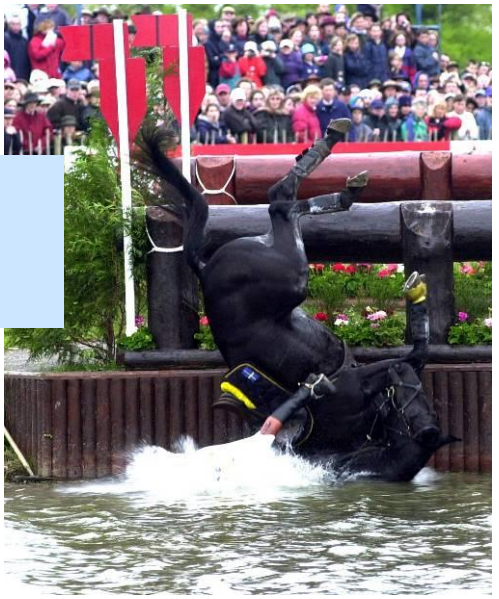
These injuries should be treated by applying an icepack and resting for several weeks.

Physiotherapy treatment may be needed and possibly cortisone (steroid) injections to relieve the pain.

# ACUTE INJURIES

Acute injuries occur when there is sudden stress on the body.

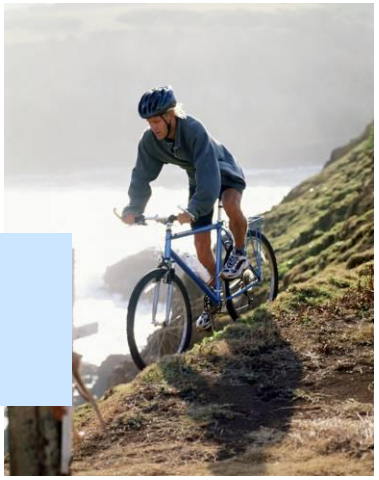
There are three main causes:





1. Collisions with opponents or obstacles.

2. Being struck by an object.



3. Falling from a height or at speed.

# R.I.C.E.

Whenever there is any injury to bones, joints, ligaments muscles or tendons, blood vessels will be damaged.

Broken blood vessels mean that blood leaks into tissues around the injury. This will lead to swelling, bruising and pain.

To combat the effects of this, you should follow the R.I.C.E method of treatment:

| | |
|---|---|
| R | – Rest |
| I | – Ice |
| C | – Compression |
| E | – Elevation |

# THANKS