

2018-19

DPK

CHANDRASHEKAR C

SPORTS - AN INTEGRAL COMPONENT FOR SOCIO-ECONOMIC AND CULTURAL TRANSFORMATION IN INDIA

ISBN - 978-93-88929-09-7

SPORTS - AN INTEGRAL COMPONENT FOR SOCIO-ECONOMIC AND CULTURAL TRANSFORMATION IN INDIA



CHANDRASHEKAR C



IJCTI PUBLICATION

[Handwritten signature]

PRINCIPAL
Kittel Arts College,
DHARWAD-580001

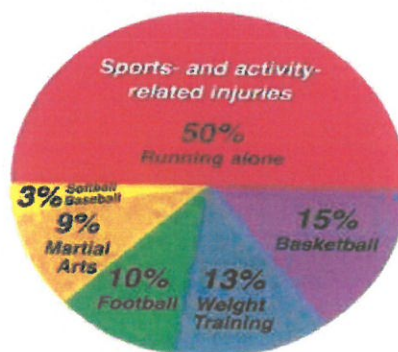
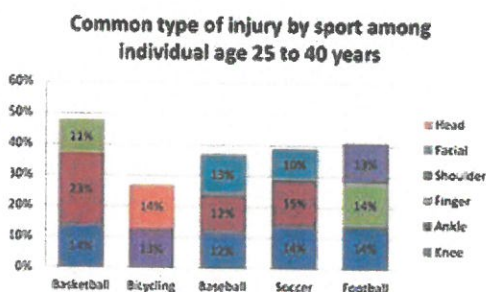


HEALTH INJURIES AND REHABILITATION IN PHYSICAL EDUCATION AND SPORTS

Shri. Daniel Praveen Kumar
Asst. Professor in Physical Education
Kittel Arts College, Dharwad.

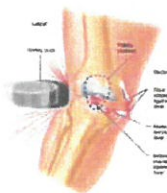
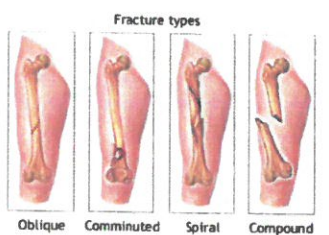
Introduction

Injuries are a 'Part of the Game' is a common saying.... Is it TRUE? But studies have shown that 50 - 70 % of all sports injuries can be prevented. Needless to say; the SPORTS PHYSICIAN is a key player in this process along with the Coach. The most common sports injuries are: Sprains and strains, Knee injuries, swollen muscles, Achilles tendon injuries, Pain along the shin bone, Rotator cuff injuries, Fractures, Dislocations



Injury Types: There are two types they are 1) Acute Injuries 2) Chronic injuries

Acute injuries –Injuries that take place in one go. eg. Fractures, Lacerations,



#ADAM

Chronic injuries Injuries that take place over a period of time (over-use injuries)
e.g. : Jumpers knee, Achilles tendinitis

Two types Chronic injuries: 1) Intrinsic and 2) Extrinsic

Rehabilitation: If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often begins with the RICE (Rest, Ice, Compression, and Elevation) method