

SPORTS



MEDICINES

Sport Medicine → It is related to such human problems which usually arise during training and competition in sport and games.

Aim of Sport medicine :-

- To provide information to Athletes (Sportsperson) About Sports Injuries
- To provide knowledge About the causes of Injuries
- To provide means or treatment of Sports Injuries and Rehabilitation.
- To provide knowledge about the preventive measures of Sports Injuries

SPORT INJURY

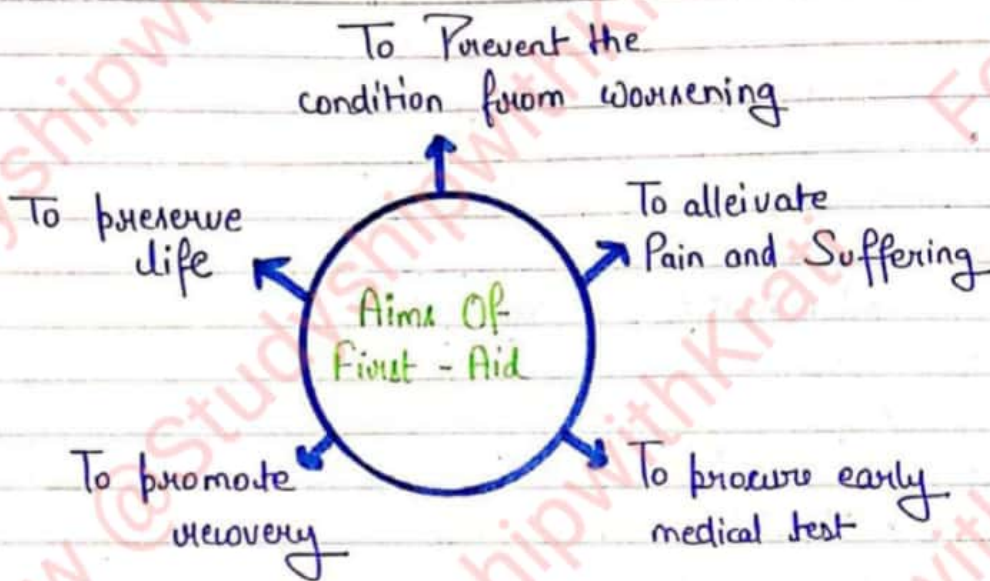
Soft-Tissue	Bone	Joint
<ul style="list-style-type: none">• Contusion• Strain• Sprain• Abrasion• Bruises	<ol style="list-style-type: none">1. Simple fracture2. Compound fracture3. Complicated fracture4. Greenstick fracture5. Comminuted fracture6. Impacted fracture	<ul style="list-style-type: none">• Dislocation of lower Jaw• Dislocation of shoulder joint• Dislocation of Hip-joint• Dislocation of wrist.

CAUSES OF SPORT INJURY

- Improper Conditioning
- No use of protective equipment
- Improper warming up
- Practice during the stage of fatigue
- Unscientific way of training
- Pressure of Competition
- Lack of fitness
- Carelessness during the games
- Nutritional Inadequacy
- Recurrence of Injury
- Lack of Sport facility
- Improper Sport Equipment
- Injudicious Officiating
- Overuse of Muscles.

PREVENTION OF SPORTS INJURY

- Proper warming up
- Unbiased Officiating
- Proper Conditioning
- Don't do overtraining
- Balanced Diet
- Use of proper technique
- Proper knowledge of Sport & Skill
- Obeying the rules
- Use of protective Equipment
- Proper cooling down
- Proper Sports facilities



MANAGEMENT OF INJURIES

- 1) **ABRASION** :- Clean the affected part with clean as well as sterile gauze to gently clean. Apply the ointment and visit the doctor for further treatment.
- 2) **CONTUSION** :- Cold compression should be used immediately. Later medicines could be used to reduce swelling.
- 3) **LACERATION** :- Stop the bleeding by putting pressure and clean it with warm water (repeat if required). Apply the ointment or stitches as per requirement.
- 4) **INCISION** :- Let the blood out and then clean the wound with spirit or iodine tincture thereafter apply bandages.
- 5) **SPRAIN** :- There are two procedure 1. PRICE (Protection rest Ice Compression Elevation) 2. MICE (Mobilisation ICE Compression)

6. STRAIN:- The procedure PRICE (Protection Rest Ice Compression Elevation).

7. DISLOCATION OF JOINT:- Call medical help immediately. Don't try to move it and give it cold compress to reduce swelling.

8. FRACTURES :- Call the medical help immediately. Give the area cold compress and do not try to move it. Medication of pain can also be given.