

## **Essentials of Sports Injury Prevention & Rehabilitation**

**Lt Col (Dr.) Atul Sharma**

**Deptt. Of Physical Medicine and Rehabilitation**

**Command Hospital (SC), Pune**

### **Lecture – 13**

#### **Common Causes of Upper Limb & Lower Limb**

Good morning friends, myself Dr. Atul, Essentials of sports injury prevention and rehabilitation. Today we will study the common causes of upper limb and lower limb injuries. Why do these injuries occur? First and foremost cause is unavoidable circumstances, like when you play boxing or any other contact sports like football, hockey, karate, judo in which some sort of contact is there. In these sports, abrasion, strain, they are part of the sports only. The other cause is inadequate warm-up.

During practice season or during the competition sometimes as you become less serious, or you are not in the mood to play, but you are forced or you take it so lightly that warm-up is not required. “Now I am very skillful and there is no need for warm-up”. And that is the time when the injuries occur. So it is very important to do warm-up.

Cooling down is a very very essential part of sports. And there are some overuse injuries. Overuse means, when you use that body part or that particular joint so much then injuries are unavoidable like, Supraspinatus tendonitis, stress reactions in the runners, those who all of a sudden start running. So, after the overuse injuries; there is a improper wearing of gear, like a sportsman who is playing football or a person who is playing tennis and he or she does not know about the shoe size or the correct tennis racket size and he just starts playing or they just exchange their shoes or tennis racket or some other gear. This will lead to injuries.

Playing with a new racket during competition also causes injury. You are used to playing with the lightweight, and suddenly you purchase an ultralight so your performance is not coming or the way you play. Improper surfaces: Sudden change of surface or wet outfield; when you are practicing during the grass court and all of a sudden you reach and you are playing in the astroturf so you might get chances of injuries. The change of surface: Wet outer field increases chances of slip, and slip increases in running sports and field sports injuries.

Wrong techniques: The common cause of injury is also wrong techniques. In the era of social media there are lots of self acclaimed coaches. They upload their videos on YouTube or some other social media platform without knowing about that game, and you just follow them and you practice and you develop a wrong method and that will lead to injuries. By mistake, or as you progress your body position and your body weight and height changes, but still you are practicing with the same techniques and you have not corrected yourself, so that also lead to injuries.

Over and under training: Between the training if you are not taking proper rest it might again cause injuries. Every body part requires rest, and if you don't give rest to the muscles, ligament; The healing of their wear and tear does not occur, and they are more prone to injuries. Lifting excessive weight of your capacity.

You know that this is my limit, and all of a sudden with the pump of your colleagues or some aggression you want to lift a very high weight, which you have not practiced may lead to injuries. You usually play two rounds of a game or four rounds of a game, and all of a sudden one day you play 18 games or 10 games, so there might be a chance of getting injured. Playing competition after a long break or after a family holiday, that may also lead to injuries, because your mind and your body is not fully prepared for the competitive games. Before competitive games, when you come after your family holiday you should spend time in a quality skillful training, and without that if you directly come for the competition you might hurt yourself.

So, for today's lecture we have read about the common causes of injuries. Unavoidable circumstances, like your game which you have chosen, and contact sports like football, rugby, wrestling these all are contact sports, and in these games injuries are unavoidable. Inadequate warm-up leads to injuries also. Overuse injuries, stress reactions, stress fractures, improper gear, not wearing the correct gear, not using the correct racket, not using correct boxing gloves of your size lead to injuries. Improper surface, all of a sudden you are playing in an astroturf and now you are playing in the grass court it will also increase the chances of your injuries. So, before you change your surface you should spend some time at that particular surface. Wet outer fields or slippery surfaces are prone for the injuries.

That is all, thank you so much.