

A Study: How to Avoid Injuries During Training in Sports

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Abstract:

Injuries in sports seem to work together or I say hand in hand. On the other hand this needn't and shouldn't be the case if you stick on to correct exercise protocols and take some easy protection. By follow these top 10 guidelines to avoid sports injuries such as warming up and cooling down correctly.

Keyword: Sports, Injuries, Tips, Health, Fitness.

Introduction:

As we know in sports player get injuries, so below I share some of tips to prevent injuries and tips for good health in sports.

Warm-up

Why does a warm-up?

A warm-up should prepare your body (and mind) for your main exercise session by:

- Progressively increase your heart rate.
- Stretches and tones the muscles and connective tissues.
- Improving access and mobility.
- Improving the functionality of all the body's motions.

The end effect is that you will be far less likely to suffer a muscular tissue or tendon strain because your muscles will be warm, loose, pliable and ready for your workout.

How should you warm-up?

Practicing the same equipment or activity to that of your master session, exercise at a low intensity for about 10 minutes, gradually increasing your pace and velocity to a stratum that is nigh to the target pace of your master session. For instance, before a rowing session a warm-up on the rowing machine is ideal, because you are targeting the same muscle groups and executing the same moves.

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Cool-down

Why cool-down?

A tour of 10 minutes spent cooling down — which is essentially the opposite of warming up — will flush away the waste by-products from your session and safely return your heart rate, blood pressure and breathing to your pre-workout levels. It is common to neglect a cool-down in favour of dashing to the shower; even so, it is a central tool in helping limit any post-workout soreness.

How should you cool-down?

Carry out some light cardiovascular exercise at a very low intensity for 10 minutes, accompanied by more or less stretching. For example, if you've been getting, then square up or walk; if you've been swimming hard, then use a stroke such as backstroke or breaststroke for a few relaxed lengths.

Stretching

Why is stretching important?

Keeping up or developing flexibility is extremely important for injury prevention because poor flexibility is the one of the main causes of muscular tissue and tendon strains. Reduced flexibility equals short, stiff muscles — which are then highly susceptible to damage during dynamic sporting activities.

How should you stretch?

After your cool-down, focus on stretching the primary muscle groups that you have applied for your activity. For instance, you should concentrate on leg stretches after running, whereas after an upper body workout in the gym, you should concentrate on the chest, shoulder, back and arm reaches.

Focus on technique and stability

Why should you focus on technique?

Incorrect technique for any sporting activity is probable to result in harm. Resistance training injuries are the most common, and are normally made by an over-zealous approach in an effort to lift bigger weights. By concentrating on correct technique, you will avoid injury, perform more efficiently and make bigger profits from your sessions.

How can you find the right technique?

Look for counsel from a reputable exercise professional or sporting coach, who will be able to counsel you and offer expert guidance so that you find out the correct training protocols at

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the start. Time passed at this level will reap long-term rewards in the shape of improved execution and no training downtime due to wounds.

Bring the correct sports gear

Why should you obtain the right sports gear?

Modern technology has produced important advances in injury prevention, particularly for footwear. You can now get exercise footwear that is planned specifically for the needs of your chosen sport, with different models tailored for your particular gait, so that your likelihood of trauma is significantly shortened.

How do you discover the right sports gear?

Need time away to visit a retailer that specializes in footwear for your fun. Hash out your requirements with them so that they can give you advice on the right place for you. Some retailers can also evaluate your gait via a treadmill and video analysis, creating customised insoles to correct any imbalances — which will further cut your probabilities of injury.

Rest up between training

Why you should rest after training?

The most undervalued component of a training program, rest is essential to allow your body to recover from the demands of your activity and repair microscopic damage to the muscles and associated tissues that occur during exercise. If you neglect rest, damage will become cumulative, resulting in a weakened body that is more susceptible to injury or sickness.

How frequently should you remain after training?

Include at least one full rest day in your training schedule each week — and rest doesn't mean getting along an alternative sport to your primary activity! As well, after an event or race, take a few days away to recover, because the requirements of competition in your body are greater than training — hence you will need more recovery time.

Avoid exercising too much training too soon

Why you should train steadily?

Attempting to accomplish too much too soon will inevitably result in injury because your body always needs time to adapt to increased training loads or to the requirements of new actions. Equally, trying to check the performance of others in the gym or at a sports club is a big motivator, but should be hardened with an exact estimate of your own ability and state of fitness.

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How should I start training?

Never strain or compromise your technique in an effort to exercise more, because injury is the probable consequence. Likewise, train with someone whose fitness levels are closely opposed to your own, so that your competitive urges don't get the better of you and you avoid risking injury by not straining to rival the execution of anyone whose fitness levels are totally dissimilar to yours.

Full training is best

Why is total training best?

The main components of a balanced wellness and fitness program are:

- Resistance weight training also helps.
- Cardiovascular (CV) training.
- Core stability training. Training.
- Flexibility.
- Coordination.
- Nutrition.

Neglect any one of these factors and your breeding plan will be unbalanced— which will increase the likelihood of you get an injury, illness, or both.

How do you train yourself?

Give time to the subjects that are escaping from your course of study. Take for example the following:

- Runners should also stretch and train with weights.
- Weight trainers should include a CV in their course of study.
- Yoga specialists should do both CV and resistance training sessions.

Learn the importance of good nutrition

Why is it important to have good nutrition?

A sound nutrition plan is at the basis of an effective exercise program, because you have to put back into your body what you carry away. The demands of the sport and workout on the body mean that your nutritional demands are larger than that of a sedentary person — and if nutrition is neglected, your body will be unable to recover properly from training, which will lead to sickness or trauma.

How do you insure you make good nutrition?

Putting focus into your food intake is as valuable as your training, so:

- Eat regular, small meals to fuel your fun and replace energy fast.

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- Don't neglect protein because it is indispensable for growth and mending — and as an active sports or fitness person, you will need more than someone who is less dynamic.
- Prevent energy 'lows' by avoiding long gaps between meals or snacks.
- Focal point on 'clean eating' by following an unprocessed diet as a good deal as possible.

Attend a sports therapist

Why should you use sports therapy?

Athletics and exercise can make damage to muscles, tendons and the body's other tissues. A good sports therapist is worth their weight in gold because by using skilled massage techniques they can fix the physical structure to its pre-exercise condition. To boot, they are goldmines of information and can assess, diagnose and treat a huge scope of physical problems before injury strikes.

How do you become a sports therapist?

Link up with a recommended therapist and see them one time a month for assessment and a deep tissue sports massage. Prevention is better (and more comfortable) than cure — and time spent on the couch will transform into more time on court, on the pitch or doing the activity that you relish.

Last word about injury prevention...

No-one wishes to be taken down by injury or illness — and least of all a sports person who has trained long and arduous to reach their ends. None of the top 10 injury prevention tips are difficult to reach or make deep inroads into your valuable time or breach the bank — but they will totally avail you to reap long-term dividends by enabling you to keep making out what you enjoy week in, week out. Train hard but train sensibly, making sure that your sport and exercise gets a 10 out of 10 every time. Enjoy exercising your body.