



FAQs

Q1. What are the common causes of sports injuries?

Ans. Sports injuries are most commonly caused by poor training methods; structural abnormalities; weakness in muscles, tendons, ligaments and unsafe exercising environments.

Q2. Name two factors causing sports injuries.

Ans. The two factors, causing sports injuries are:

1. Overuse

Overuse or repetitive movements may be the number-one cause of sports injuries. Runners, swimmers and tennis players are particularly susceptible to overuse injuries, including tennis elbow, tendinitis, shin splints and shoulder impingement.

2. Falls

Any athlete can fall in the midst of an activity. In addition to the obvious breaks that can occur from a fall, wrist sprains are common. Our natural instinct when falling is to put our hands down to break our fall. Our wrists bear weight, which can easily stretch or tear a ligament.

Q3. Name two measures to reduce the risk of sports injuries.

Ans. The two measures to reduce the risk of sports injuries are:

1. Strengthen muscles. Conditioning exercises during practice strengthens muscles used in play.

2. Increase flexibility. Stretching exercises after games or practice can increase flexibility. Stretching should also be incorporated into a daily fitness plan.

Q4. Explain patella femoral pain syndrome (PFPS).

Ans. It is often an overuse injury and caused by abnormalities in the run, caused by a poor line-up of the legs when running.

Q5. Explain Osgood Schlatter disease.

Ans. Osgood-Schlatter disease is a painful condition of knee pain in young people (adolescents). The condition is aggravated by exercise; it causes swelling and tenderness of the tibial tubercle, which is the bulge of bone at the front just below the knee.

Q6. Name the complications of incomplete treatment of sports injuries.

Ans. The complications of incomplete treatment of sports injuries are

1. Foot and heel pain
2. Ankle pain
3. Lower leg pain
4. Knee and thigh pain
5. Anterior knee pain
6. Lateral and medial knee pain
7. Posterior knee pain
8. Bottom (buttock) and hip pain

Q7. State the causes of lower leg pain in athletes.

Ans. Lumbar instability occurs when part of the lower back has too much movement. Lower back pain is very common in distance runners who lack core strength in the muscles around the trunk which support the back. Core strengthening exercises to support the back can be helpful.

Q8. Explain Iliotibial band syndrome.

Ans. Iliotibial band syndrome is inflammation of the iliotibial band and it occurs outside the knee joints. This tight band of muscle and tendon on the outside of the knee can rub against the outside of the knee joint.

Q9. Explain the role of warm-up exercise in order to avoid sports injuries.

Ans. Warm-up delivers blood and oxygen to the various muscles, allowing muscles and soft tissue to work more efficiently.

Q10. Explain the term "Shin Splint".

Ans. This is a term for pain in the shin bone relating to exercise. It occurs when the edge of the shin bone becomes inflamed due to the muscles and tendons pulling on it during exercise. This often happens after running or jumping, or sports with sudden stops and starts, such as basketball or football. Sudden increase in running distance or pace can also trigger it