



Summary

Sports injuries are most commonly caused by poor training methods; structural abnormalities; weakness in muscles, tendons, ligaments and unsafe exercising environments. The most common cause of injury is poor training. For example, muscles need 48 hours to recover after a workout. Increasing exercise intensity too quickly and not stopping when pain develops while exercising also causes injury. A multitude of situations can result in a sports-related injury. Being aware of the risk factors goes a long way in preventing them. Strengthening muscles, getting proper rest and working at the proper pace are essential to staying healthy.

Measures to reduce the risk of sports injury:

- Plan to have at least 1 day off per week and at least one month off per year from training for a particular sport to allow the body to recover.
- Wear the right gear. Players should wear appropriate and properly fit protective equipment such as pads (neck, shoulder, elbow, chest, knee, and shin). Young athletes should not assume that protective gear will prevent all injuries while performing more dangerous or risky activities.
- Strengthen muscles. Conditioning exercises during practice strengthens muscles used in play.
- Increase flexibility. Stretching exercises after games or practice can increase flexibility. Stretching should also be incorporated into a daily fitness plan.

The incomplete treatment of sports injuries can cause **foot** and heel pain, ankle pain, lower leg pain, knee and thigh pain, anterior knee pain, lateral and medial knee pain, posterior knee pain and bottom (buttock) and hip pain. Sports injuries are an unfortunate and prevalent side effect for engaging in athletic competition. If not treated properly, injuries suffered while playing a sport could not only hinder your ability to compete but could also have devastating long and short term effects on the body.