

Question 25 - Sports medicine

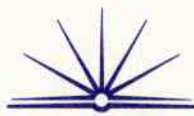
a) A direct injury is an injury that occurs to the body as a result of an outside force being applied to it, for example when a boxer punches his opponent in the head, his fist may cause a direct injury.

An indirect injury is caused as a result of a strain or sprain, ~~the~~ no outside force has been applied it would be an internal injury.

b) Preparation for any type of physical activity if the athlete is wishing to stay ~~away~~ injury free, to prepare for different events you may need to train for weeks or it can be as simple as stretching and warming up your muscles.

The simple fact is that if you are an untrained athlete who decides to go into ~~the~~ a marathon, there is a considerable risk of injury, because the athlete would not be prepared or physically conditioned to participate without risk of injury.

The bodies muscles would be pushed passed their everyday threshold and so the muscles would not cope with the strain that would have been placed on them, thus leading to a risk of considerable damage, preparation is the only



b)(cont.)

real method of preventing sports injuries, because it forces the body to adapt and when the adaptation has occurred the body will be able to cope with the strain placed on it.

c) After an injury has occurred to an athlete, they will not return to play without going through certain procedures, exercises, training techniques etc.

A policy that is applied to local sports in general, is that an injured player gently returns to their ~~sport~~ training program within their pain barrier, if there is pain the athlete will discontinue the exercise - or take a step back to the last exercise they undertook and had no pain. Some elite athletes feel that they can cheat their way through this routine, by taking specialised pain killing injections, so that they can return to the game as soon as possible, this method is only a temporary cure and usually makes the initial injury worse.

Once the athlete has returned to their normal training schedule they should also undertake specific exercises to progress the healing of the injury. For example if the injury was a torn hamstring, once able to return to normal



c)(cont.) training with no pain, they should participate in specific stretches to target improvements in that area, these procedures are usually the best way to have an athlete return to a game quickly whilst fully rehabilitated.