



## SPORTS MEDICINE

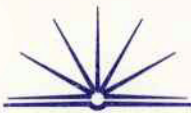
a) Direct sport injury - occur due to an extrinsic force putting on ~~one~~ the body can result in fractures, dislocation, bruises, sprains or strains. An example of a direct ~~trauma~~ ~~trauma~~ sports injury is a football player being tackled with a result of injury.

Indirect sports injury - occurs if an intrinsic force maybe from overuse or ~~incarnas~~ not a proper warm<sup>up</sup> or ballistic stretch. This kind of sports injury can result in sprain strain of a muscle tendon or ligament.

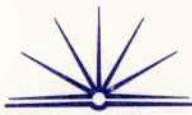


b) Physical preparation includes correct skill technique, appropriate sports movement, requirements of those that are need in the sports performance are meet, fitness & strength training are included in training program, individual needs of the athlete are meet & An correct warm-up, stretch & cool down are pre formed.

All of these areas contributed to prevention of sports injury. If the correct skill technique is adopted & appropriate sports movements are practiced then this will reduce the risk of injury for the athlete, & the requirements of those that are need in the sport then the athlete will not put excessive strain on ~~on~~ one part of the body. If fitness & strength training are adopted



the athlete will have correct fitness levels + strength + then training will not only focus on the skills of the sport but will increase fitness + bring variety into training so no overuse injuries will occur they be able to perform at peak if have correct levels of fitness + strength, Warm-up - stretching - + cool down are very for injury prevention. warm-up prepare the body for exercise by warming up muscle increasing heart rate stretching prevents injuries such as sprains + strains to muscles stretching should be general the sports specific. cool down allow body to return to normal + prevents soreness + stiffness. Individuals needs are met through exercise to their level + capability to prevent injury.



c) Athletes returning from injury must follow many steps + under many procedures before returning to play. These procedures include progressive increase from immobilised to performing the full range of movement. They must slowly progress through healing procedures with the advice of professional. They may need help such as physiotherapy. Before the athlete can return to play they must feel they can perform the skills required without pressure + feel confident of return, they must be given the all clear by a medical professional + also their coach. They must be able to perform required movements they will undergo skills tests before returning. Policies for return to play come from doctors + medical professionals, <sup>+ sports specific policies</sup> Training will start off slow + gradually increase until skill is performed appropriately. without strain.