

Sports Injury And Sachin Tendulkar

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Introduction:

Everybody likes to play because it is natural tendency of human being. So it becomes the integral part of each and every individual's life. It gives us a lot of joy. Games is not just playing but it is a systematic movement bound by the specific rule which increases the beauty of the game. Now a day's lot of games are available in the world. Every nation in the world plays not only of its own national game but also games involved in Olympic. In Olympic games more than 200 nations of the world participated in 33 different sports and more than ten thousand of athletes take part and put their efforts to win the medal. It is generally believed that the winner in the Olympics has the extraordinary capabilities with the common human beings don't have. For this each and every participant try to perform beyond their capabilities which leads to extra load on their body which in turn causes injury to the players. Some of them are minor, some major and some can be fatal causing to death of the player. If we look at the history of the world games and sports we have many such examples.

Now a days game and sports has become very popular among the people all around the world. Media played a vital role in this. Due to money and glamour in the sports field every individual aspires to be players like Sachin Tendulkar, Virat, Saina, Sindhu etc. They are inspired not only by Indian players but also by foreign players which are idols of the many upcoming sportsman. Lakhs of boys and girls observed them on the media and try to become like their heroes in the respective games. For this they practice hard. Their bones, muscles, tendons and ligaments are still growing due to this leads to serious injuries. So how to overcome it, manage it and decrease the level of intensity of the injuries.

Types of Sports Injuries:

Mostly it is seen that there are two basic categories found among the players.

1. Acute injuries: Which occurs suddenly. e.g.
 - a) Your step in a pothole and twist your ankle while walking on the road or playing on the ground.
 - b) Hit the season ball on the wrist.Causes: Improper training programme.
2. Overused injuries: This type of injury comes slowly and gradually.

Causes:

Imbalance of strength (size, flexibility, endurance) from one side of your body to another. Anatomical consideration of the body structure should be a concern as structural alterations of the spine and extremities, rotation of the hips, position of the knee caps, low leg and flat feet can all lead to injury.

Some of the common sports injuries are sprain, strain, fracture, dislocation, abrasion and contusion. Muscles, soreness, muscle cramp, pulled muscle, knee injury, back injuries, shoulder injuries, tennis elbow.

Muscle Soreness:

The first discomfort that you might feel from exercise is myositis (more commonly referred to as sore muscles). Immediately following your first day of exercises, you might feel pleasantly tired or slightly fatigued. The next morning will bring stiff and sore limbs resulting from injured connective tissue (tendons,

ligaments) or inflamed muscle fiber. This is the result of a series of microscopic (invisible to the naked eye) tears that will require healing.

Muscle Cramp:

Muscle spasms are involuntary actions in which your muscle contract vigorously and resist relaxation. As you exercise, you body perspires and the electrolytes (essential chemicals, dissolved in body fluid) may be lost along with normal fluid perspiration. This action may induce the spasms, but they may also occur when you overuse a muscle. The most common occurrences of this type of injury is found in prolonged repetitive activities such as running, jumping, kicking, arm-swinging etc.

Pulled Muscle:

You will be susceptible to strains in your muscles if you don't warm-up properly or stress your muscles beyond their normal capacity. The actual physical damage that you inflict upon your muscle (Commonly in the thigh and shoulder) is partial tearing within the muscle fibers.

Sprain:

A sprain is a stretch and/or tear of a ligament, the fibrous band of connective tissue that joins the end of one bone with another. Ligaments stabilize and support the body's joints. For example, ligaments in the knee connect the upper leg with the lower leg, enabling people to walk and run.

Strain:

A strain is a twist, pull and/or tear of a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone.

Fractures:

A fracture is a break in a bone. A dislocation occurs when the end of a bone is forced out of its normal position in a joint. Fractures and dislocations frequently result from sports accidents subject to many understandable reasons.

Dislocation:

The term dislocation usually refers to the movement out of normal position of the bones of a joint. When bones become dislocated, they do not meet properly at the joint. This usually results in pain and swelling.

Abrasion:

Abrasion is a scraped skin or mucous membrane, which is normally a minor injury. It may become serious if it spreads to a large area or if foreign particles get mixed in it. Symptoms and signs of abrasion are that skin looks scraped or irritated and starts bleeding. Abrasion causes immediate pain, which lasts for short period.

Contusion:

Contusion is bruising of skin and underlying tissues of the body parts due to a direct blow. Contusion causes bleeding from ruptured small capillaries that allow blood to infiltrate muscles, tendons or other soft tissue.

Knee Injuries:

The knee is the most vulnerable joint of your body, in knee its only support is from soft tissue and not bone. A sudden change in direction or twisting your knee while falling are the common causes for sprains.

Your meniscus (they come in pairs) are the shock absorbing cartilages in your knees. Knee injuries that prohibit a normal range of motion or prevent you from placing any weight on your leg should be immediately evaluated by a physician. Other pain that occur in and around your knee are usually caused by biochemical abnormalities and overuse.

Back Injuries:

Back pain can occur with the irritation of the vertebrae, spinal discs, musculature, or nerves. It may stem from poor posture, muscles, immobility (or excessive mobility) of your spinal joints, emotional stress, or obesity. The pain you experience can range from a dull ache to a sharp stabbing pain with most injuries to the back being muscle strains. However, pain that radiates to the legs, tingles, or creates numbness may represent a much more serious condition.

Shoulder Injuries:

Many of the acute shoulder problems are a result of strained muscles. Occasionally trauma can cause a separation (subluxation) of one of the joints in your shoulder which creates a sudden sharp pain and restriction of movement. The overuse type injuries are those common to swimmers, tennis players, and other activities that require overhead forward and backward movements of the shoulder. The extreme rotation used repeatedly in these activities creates excessive shoulder stress.

Tennis Elbow:

Tennis elbow is a term used in describing pain on the outside of your elbow. Repetitive stress inflames the area where the tendon joins the bone. It is believed that improper technique (failure to step into the ball) and too tight a grip on the racquet are contributing causes. If this describes your technique and your experience a localized pain on the outside of your elbow that gets worse as you play, you probably have tennis elbow.

Prevention of Sports Injuries:

The risk of injury accompanies participation in almost all sporting activities. As the number of participants in both competitive and recreational sports has increased, there has been a corresponding increase in the number of injuries. Sports/Athletic injuries can have profound, long lasting effects on sportspersons/athletes. Injuries, particularly those not properly cared for, may develop into conditions that can last a lifetime. Some of these conditions are chronic Tennis Elbow, Runner's Knee or osteoarthritis. Most sports injuries are caused by one or more of the following factors: 1. Lack of preparticipation screening/medical checkup. Poor coaching or coaching error. Lack of conditioning. Improper use of equipments. Inadequate or poorly maintained facilities. Sportsperson's psychosocial considerations. Inadequate first aid care. Inadequate rehabilitation. Premature return to participation after injury. Except for unforeseen circumstances such as injuries that occur from high forces generated in sports/ athletics (broken bones, dislocated joints), the athlete/sportsperson or those responsible for the sportsperson's/ athlete's health training can reduce the risk of injury from any of these factors.

How to reduce the Risk of Sports Injuries:

Players can decrease the degree of risk of injury by following the basic steps, which are given below:

1. Overall conditioning is essential; it can help player to avoid injury, and it also enhances rehabilitation and shortens the "down time" of player.
2. Every player should receive a pre-participation physical examination, including a general medical and an orthopedic checkup.

3. Player should work with coaches and sports/athletic/trainers/experts around the year to ensure they maintain their condition with appropriate exercises and nutrition.
4. Player should focus on developing muscular strength and endurance, cardiovascular fitness and flexibility.
5. Player need balance diet.
6. Player practicing or playing in warmer climates should become acclimatized to high levels of activity in hot weather.
7. The night before an event, players should hydrate with electrolyte fluids to reduce the risk of dehydration.
8. Fluid breaks should be offered at least every 45 minutes, and players should be entitled to unrestricted amounts of fluids to help prevent dehydration and other forms of heat-related illness.
9. Use of appropriate equipment that fits properly in practices as well as competitions.
10. Ice should be available on the ground during practice as well as match time.
11. Every institute should have emergency medical care unit.
12. Every institute should be encouraged to develop an Injury Protection Manual that documents how injuries will be handled.
13. Physical educators/Coaches should be certified in first aid.

What made Sachin Tendulkar Great:

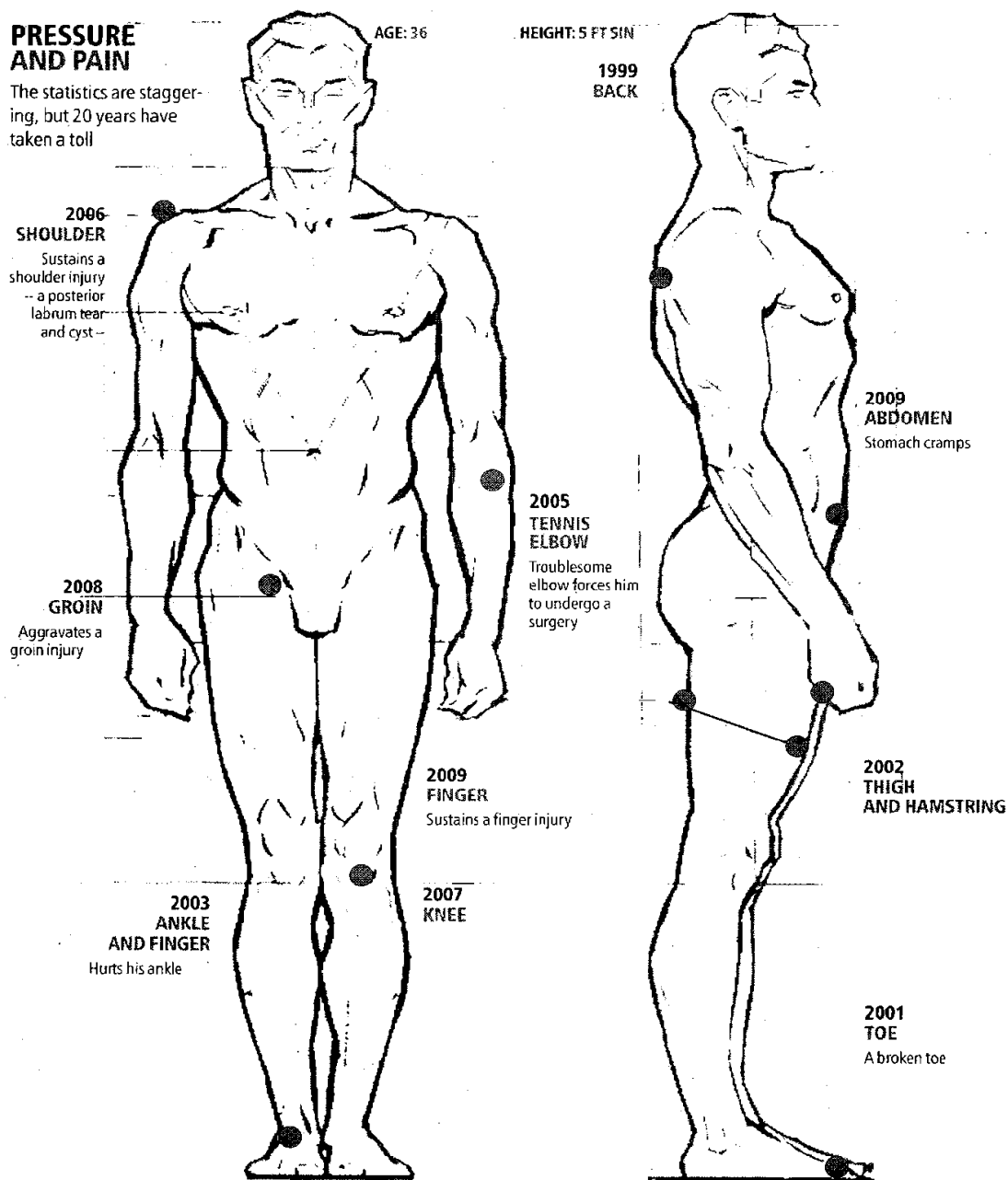
In India cricket is a religion and Sachin Tendulkar is worshipped as the God of cricket. Such is the popularity of the cricket in India. 24 years of continuous dream journey of Sachin Tendulkar as a cricket player contributed to elevate this game at such a high level. He started the game at the age of 16 years only against the Pakistan at the time when Pakistan had Imran Khan, Wasim Akram, Waqar Younis, world class fast baller and world class leg spinner Abdul Quadir and the match was played in Pakistan so you can imagine what the situation would be. We all know the way he played in the series. Abdul Quadir, the class leg spinner remember this series till his last movement because Tendulkar hits three successive sixes in an over. Since then he became the eyeball of the complete world of sports and media even after his retirement.

24 years he played at an international level successfully carrying the burden of expectation of 125 crore Indians and world spectators and manage to maintain himself as not only a good player but also as a good human being as well. That's why people in India accepted him as the 'God' of cricket. This indicates his dedication not only for the game but also the betterment of whole humanity of the world. Recently, Indian Govt. felicitated him by conferring Bharat Ratna, the highest civilian award given to its citizens.

What made him great:

Hard work, discipline, passion, politeness, commitment, continuity, calm and cool, self-discipline.

Sachin Tendulkar and his Injuries:



24 years dream journey of cricket at an international level and before that he played at domestic level. As per as my opinion is concerned he played cricket more than 30 years. Broadly we can say that, “**Sachin’s 30 years in 22 yards**” He had a world record of 100 centuries and many other world records on his side. In his carrier he had gone through a psychological pressure, physical fitness pressure and social pressure also which causes lot of physical injuries to him mainly toe, ankle, back, thigh, shoulder, 2003 World Cup finger injury and the famous tennis elbow etc.

How did he overcome his injuries:

As we said earlier that he is a self-disciplined and hardworking player so he followed the treatment suggested by the doctor, physios, trainer and coach. This helped him to overcome the injuries as fast as the other players of his age.

Dr. Anant Joshi said that, “fitness of the player not limited to the physical side only but mostly it is connected with psychological also. As per as Sachin is concern he is completely involved in cricket so he did

not care the injuries most of the time”. Famous psychologist Prof. Dr. Nimesh Desai said, “In reality champions also get upset, feel depressed. When they reach at their goal feeling of excitement and exertion overpower their mind. Sachin is also on exception to this but what makes him different from other is his natural talent, motivation, determination and constant efforts. If he could play for 30 years a long period inspite of the injuries.

Conclusion:

So this shows that injuries are part of the game. But they should not stop you from achieving your goal. Like Sachin Tendulkar, if you also follow your trainers, coaches, doctors and concentrate on your game with dedication, determination and self-discipline then nothing can stop you from becoming a great player like him.

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