

## Frequency of Injuries in Volleyball Players among Teenagers

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### Abstract

The purpose of the study was to find out the knowledge of sports injuries and treatment on it. The study was delimited to the male Volleyball players. The age group of the subjects is ranged teenagers (14-19 years). On basis of observation, conclusion was find out.

**Key words:** Sports Injuries, Treatment, volleyball,

### Introduction of Sports

Sport (British English) or sports (American English) includes all forms of competitive physical activity or games which, through organized participation, main aim of sports is to improve physical fitness, ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators.

### Sports injuries

Sports injury – mishap happen during the play  
Sport and exercise can sometimes cause injuries.  
Sports injuries can happen as a result of:

- No proper warming up before participating in big muscular activities.
- Pushing too hard for your current level of fitness, or
- Using inadequate equipment.

### Types of Sports Injuries

**Sport injuries divided into acute or chronic injuries-**

- Acute sports injuries occur as a result of a sudden impact movement. Examples include a cut to the skin.
- Chronic sports injuries develop over time, often due to continual use of the same joints or muscle groups.

**Some common sports injuries include:**

- Sprains
- Strains
- Cuts and Bruises

### Discussion:

Sport participation rates in club are high. In our study, 70% of students surveyed participated in

an organized sport and 64% participated for at least 2 h per week on average over the entire year.

The proportion of injuries reported was greatest in Cricket. This is consistent with combined high rates of participation and injury found in these sports. Most of these sports involve a high rate of risk like jumping, sprinting and pivoting, which are often involved in the mechanism of injury in sports. The highest rates of injury were consistent for boys participating in Cricket.

The following discussions drawn from the study are as under.

Lack of knowledge regarding injuries and causation of injuries

- Not proper warming up
- Poor technique
- Not using equipment correctly, or
- Not taking the proper safety precautions

### Conclusion

The following Conclusions drawn from the study are as under as follow. They have to focus on following points.

### Treating sports injuries

1. You should not continue to exercise when you feel pain, regardless of whether your sports injury is acute (occurs suddenly) or chronic (long-term).
2. If a particular movement hurts, stop doing it and take medical advice from a doctor. Continuing to exercise while you are injured may cause further damage and prolong your recovery time.

### PRICER Therapy

If your injury does not require medical treatment, for example a mild sprain or other minor

muscle, you can treat it at home using PRICER therapy. PRICER stands for:

1. **Protect:** Protect the injured area from further injury, for example, by using a support.
2. **Rest:** avoid regular exercise and reduce daily physical activity.
3. **Ice:** apply an ice pack to the affected area for 10 to 20 minutes. Do not allow the ice to touch your skin directly as this may cause a cold burn. Before applying ice, wrap it in a wet towel or put a wet towel over the injured area.
4. **Compression:** apply pressure (compression) using elastic compression bandages. This may help to reduce swelling.
5. **Elevation:** keep the injured leg, knee, arm, elbow raised above the level of the heart as this may also help reduce swelling.
6. **Rehabilitation:** after recovery, before going to participate in sports rehabilitation process is important.

After 48 hours of PRICER therapy, stop compression and try moving the injured area. If, after this time, your symptoms are worse, get advice from a Doctor.

#### Preventing Sports injuries:

Due to the intensity and frequency of training, it can be difficult for competitive players to avoid injuries.

#### Warm up

It is very important to warm up your body properly before starting to exercise more vigorously activities.

A proper warm-up routine should last for a minimum of 15 minutes. Start with a few minutes of gentle exercise, such as jogging, to get the blood flowing to your muscles.

Once your muscles are tone up, do some gentle stretching exercises, paying particular attention to the muscle groups that you will be using. Only begin more vigorous activity after you have warmed up thoroughly.

Don't overdo it

If you are starting a new schedule, it is very important that you don't overdo it. If you have not exercised for a long time, strenuous activity could do more harm than good.

Be realistic and honest with yourself about what you can achieve with your current level of fitness. Once your fitness improves, you will be able to increase your level of activity.

#### Avoid Dehydration

Always drink plenty of water when exercising to prevent dehydration. If you become dehydrated, your physical and mental fitness will be impaired.

Don't drink large amounts of water over a short period of time because that could lead to a serious condition called hyponatremia.

Use the right technique

To avoid a sports injury, always use proper techniques. Using the proper technique for your sport can help reduce the risk of chronic injuries.

If you are unsure about the correct technique, a qualified sports coach will be able to provide you with coaching and advice.

Cool down

When you have finished Planed Schedule, make sure you cool down properly with 5 to 10 minutes of light aerobic activity, such as easy running, jogging, walking and stretching. (Reverse process of warming up)

A gentle cool down will help remove the waste products that have built up in your muscles, leaving you with less muscle stiffness afterwards. Some gentle stretching, focusing on the muscle groups you have used during exercise, may also help.

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