TITLE: A STUDY ON INJURIES ASSOCIATED WITH SPORTS

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Background: Sports brings fame to a nation and at the same time sport injuries pose important economic burden due to their direct and indirect cost. Huge financial losses and substantial morbidity go parallel.

Objective: To evaluate risk factors associated with sports in order to avoid economic burden

Methods: This study involved screening of published literature for risk factors, prevention strategies of sports injuries using several databases such as PubMed, Google scholar and journals in the open domain. The emphasis was laid on studies published in the journals covering sports medicine. Information so collected was distilled not only for the understanding of the potential risk factors but also for the prevention of sports injury.

Results: The literature confirms that sports injuries lead to significant losses in terms of physical and labour force as well as health related costs. Poor coaching, incorrect technique (lifting and handling equipment), clothing and footwear, poor safety hazards, poor preparation, overuse, previous injury history, poor nutrition are the major risk factors associated with sports injuries. The prevalence of sport injuries in India was reported to the extent of 73.4%. The prevalence of such injuries in United States, New Zealand and Scotland is close to 30%. On this account, India seems to have a big scope to improve. Further, In India, the practice of preventive measures is low, technical expertise in sports injury management is also low and the injuries are not covered by any form of insurance. This could be big contributor to the enhanced morbidity and loss of wages.

Conclusion: Since the spending on sports injuries keeps rising, it should be ensured that risk factors should be reviewed, standardized and implemented in a time bound manner, which should be followed by periodic health scanning of athletes.

Keywords: Injury, Sports, Financial Dimension, Equipment, Athlete

Biography

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