Things to do to Prevent Sports injuries

Sports injuries occur when someone have physical activity without any warm up resulting in musculoskeletal pains. The most common sports injuries are strains and sprains. A strain is caused by an over-stretch or a sudden twist of muscle. People who got strain may feel tingle and pain, as well as stiffness and cramp in muscle. A sprain is a tear or stretch of tissues and ligament surrounding the joints, which shows severe pain at joints in motion, blood stasis and swelling in the affected area. These injuries are commonly found in ankle, knee, elbow, wrist and shoulder.

There are two kinds of sports injuries: acute and chronic. Acute injuries usually have specific causes and obvious physical changes when injuries occur, while chronic injuries usually resulted from overusing of part of the body over a period of period. The basic treatment for sports injuries is “PRICE”, which stand for **P**rotection of wound, taking **R**est, applying **I**ce pack, put **C**ompression on the wound and **E**levate the wound upward.

To prevent sports injuries, warm-ups and cool-downs should be carried out before and after doing exercises or any kind of sports. Warm-ups can enhance the flexibility of muscle, tendon and ligaments while cool-downs can help relieving the tightened muscles. Prioceptive training and using protective equipments are also essential for preventing sports injuries.