

Sports injuries

Injury is an external event that affects the organism suddenly or for a relatively short time and damages it.

Division of accidents

Injuries arising during recreational physical activity of a spontaneous nature

- Excursions, walks;
- recreational games;
- cycling;
- skiing;
- skateboard, roller skates.

Injuries arising from organized forms of physical education and sports

During non-competitive forms of exercise

- school TV
- activities in fitness centers
- during systematic training

During top-level sports activities

- this includes both competitive and non-competitive sports activities of the highest level
- individual competitive sports (athletics, swimming, cycling, skiing,...)
- mountain climbing

During other sports activities

- motoring
- parachuting
- sport shooting

Injuries of a general nature

- these are injuries that occur in all human activities

Injuries typical for individual sports activities

- the risks of basic movement manifestations and connections are reflected here

Causes of injuries

Fault of the other person

- an injury caused by a collision or the mere presence of another person

Climatic conditions

- temperature
- humidity

Other external factors

- noise
- lighting

Gear and armament

- protective equipment
- clothes
- sports equipment

Exercise area surface

- hardness

- flexibility
- inequalities
- non-slip

Insufficient or incorrect preparation

- errors in the warm-up or in the training process

Practitioner's own carelessness and indiscipline

- a relatively common cause
- non-compliance
 - rules
 - methodology
 - life management
- overestimation of own performance

Fatigue

- especially pathological (overload and overtraining)

Injury mechanism

Unintended crash caused by

- second person
- terrain
- not being able to control one's own movement

Strike (injured is passive)

- second person
- moving tools

Crash into an obstacle (injured is active)

Collision (both active)

Wanted Fall

Injury prevention

- the state of the organism should always be correlated with the expected load, the organism should be adapted = trained
- high-quality equipment and weapons
- knowledge and security of the environment
- warm-up
- compensatory exercise (mainly prevents chronic overload and microtrauma)
- checking pulse rate, blood pressure and athlete's weight
- complete healing of the injury

Links

Related articles

- Microtrauma
- Injury
- Overtraining
- Congestion

External links

Used literary

- MÁČEK, Miloš a Jiří RADVANSKÝ. *Fyziologie a klinické aspekty pohybové aktivity*. 1. vydání. Praha : Galén, 2010. 300 s. ISBN 9788072626953.

