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Sports Injuries among Basket Ball Players of Hyderabad District– A Review**Amita Jaiswal****Ph.D Scholar, Department of Physical Education
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Abstract:

Games and sports can also result in injuries, some minor, some serious and still other in life long medical problem. Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue i.e. ligaments, muscles, tendons etc. There are numerous sports injuries happened in the field of sports. The sample for the study consists 100 Male Basket Ball Players of Hyderabad District between the age group 18 to 25 Years. The questionnaire were used in the study. Whereas, the head injury area frequency is 145 and game injury percentage is 18.01%. The neck injury area frequency is 16 and game injury percentage is 1.98%. The upper extremities injury area frequency is 253 and game injury percentage is 31.45%. The torso injury area frequency is 114 and game injury percentage is 14.16%. The lower extremities injury area frequency is 277 and game injury percentage is 34.40 %. Hence, among all areas the highest percentage was 34,40% to lower extremities. The highest lower extremities injuries among basket ball Players are ankle and knee. Key words: Injuries, ankle, knee, lower extremities etc.



Introduction:

Every day, a lot of people all over the world participate in games and sports activities or competitions. Participation in sports improves physical fitness and overall health and wellness. Games and sports can also result in injuries, some minor, some serious and still other in life long medical problem. Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue i.e. Ligaments, muscles, tendons etc. There are numerous sports injuries happened in the field of sports. It is very important for all coaches, trainers and players to know the causes symptoms, prevention and treatment for all these common injuries in order to avoid most of these types of injuries, also to update the poor training methods. Basketball is a highly demanding sport comprised of various types of jumps, start acceleration, and sudden changes in movement direction where the body of a basketball player is subjected to significant physical stress which, in the case of physical unpreparedness, may lead to sustaining injuries.



Ankle Injury is the common injury among Basket Ball Players

Dr. G.Akhila (2021) studied about the Sports injuries among goalkeepers in football and hockey in Telangana state. The sample for the study consists of 20 male goalkeepers in football and 20 male hockey goalkeepers in the age group of 19–22 years. The data are collected through questionnaire at their practice session. It is concluded that goalkeepers in football, the lower extremities injuries are 45%, upper extremities injuries are 25%, head-and-neck injuries are 10%, and spine 20%. It is concluded that goalkeepers in hockey, the lower extremities injuries are 40%, upper extremities injuries are 30%, head-and-neck injuries are 15%, and spine 15%. This type of



study is useful to coaches to give proper coaching for the development of motor qualities for the prevention of injuries among football and hockey goalkeepers.

Purpose of the Study:

The primary purpose of this systematic review of the contemporary literature is to collect relevant data about the sports injuries in basketball player. Various factors contribute to injuries, including the biomechanics of jumping, landing, sudden changes in direction, and the physical demands placed on the body during the game.

Methodology

The sample for the study consists 100 Male Basket Ball Players between the age group 18 to 25 Years of Hyderabad District. Questionnaire is given to basket ball players to assess the injuries after the basket ball training and during the basket ball matches.

**Results and Discussion:**

Injury frequency classified by body area and Games Injuries among Basket Ball Players		
Body area	Frequency	Game injuries%
Head	145	18.01
Neck	16	1.98
Upper Extremities	253	31.45
Torso	114	14.16
Low Extremities	277	34.40
Total	805	100%

The above table shows the injury frequency of all samples body area percentage of game injuries. Whereas, the head injury area frequency is 145 and game injury percentage is 18.01%. The neck injury area frequency is 16 and game injury percentage is 1.98%. The upper extremities injury area frequency is 277 and game injury percentage is 34.40%. The torso injury area frequency is 114 and game injury percentage is 14.16%. The lower extremities injury area frequency is 253 and game injury percentage is 31.45 %.



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Hence, among all areas the highest percentage was 34,40% injury mechanism happened to upper extremities and second highest body are was lower extremities with percentage of 31.52%. The lowest injury body part was neck with 1.9%.

Conclusions:

The main findings of this study show that lower extremity injuries, the ankle This study is very important for biomechanics, to find prevention methods that would contribute to reducing the occurrence of injuries in basketball.

Recommendations:

The following suggestions are made for the benefit of players, coach's academicians and sports scientists.

1. Warm up is one of the most important techniques of injury prevention which contributes to increasing muscle temperature and thereby loosening of muscles. It also increases the heart and respiratory rate which results in increased blood flow and thereby more oxygen and nutrient supply to the working muscle. In addition it make muscles prepared for more severe pressures.
2. Cool down is as significant as warm up and plays an important role in injury prevention. It recovers the body and helps to return the body state to pre-exercise state. It also prevents blood pooling in the muscles and hence prevents the swelling and pain.
3. Avoiding overtraining is the key to prevent sports injury. Over training is referred to the work or stress imposed to the body which is beyond its capacity and body is not able to repair the damages happened. It may happen during a long time and with regular exercise without rest and recovery
4. The study also helps the injured athletes, physical educationist, sports scientists etc for their ongoing activities.

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