



## COMMON INJURIES OF HOCKEY PLAYERS AND ITS REHABILITATION MEASURES

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### Abstract

*In human life from birth to death injuries are very common. Injury is nothing but damage to the body. Injury is refers to harm caused by accident, falls, burns, and weapons. This injuries range from minor to life threatening, Injury can happen at work or play .It may be open injuries or closed injuries. In the field of sports we can see different types of injuries. Mainly sprains, strains, Knee injuries, swollen muscles, Achilles tendon injuries, pain along the shin bone, relative shoulder injuries, fractures, dislocation etc. Hockey is an ancient sport thought to be the forerunner of all 'stick and ball' games. The modern field hockey is a global sport and is played in over 125 countries around the world and is third only in popularity to soccer as a team sport. Epidemiological studies have consistently shown that injuries in hockey are numerous and can be serious. Most serious injuries result from being struck by the stick or the ball. The field hockey game is also not exempted from injuries, prevalence of various injuries in field hockey players are Hand and wrist injury, facial injury, Ankle injury, Knee injury, concussion, over use injury. The study revealed that Hand and wrist injuries 20%, Facial injury 10%, Ankle injury 25%, knee injury 20%, concussion 05%, overuse injury 20%, are observed during summer hockey camp for pre university boys in Coorg district. The treatment for these injuries is PRICE, Stretching, tapping and strength training. Key words: Prevalence, hockey players, injuries and physiotherapy treatment.*

**Introduction Injury:** Injury is damage to the body. It is a general term that refers to harm caused by accident, falls, blows, burns, weapons, and more. These injuries range from minor to life-threatening. Injuries can happen at work or play, Indoors or outdoors, driving a car, or walking across the street.

**Sports injuries:** Sports injuries are common among athletes and other people who participate in sports. Sports participation always carries the risk of injury. Individual differences in body structure can make people susceptible to sports injuries by stressing parts of the body unevenly. Hockey: Hockey is one of the popular indigenous team games. Since Hockey is a team game, it puts many demands on the technical and tactical skills of the individual players. Because of the characteristics of hockey injuries in general, are all types of physical damage to the body occurring in relation to hockey game. Injury incidence in Pre University Hockey boy's camp Injury incidences in Hockey summer camp seem to be higher in pre

University Hockey players compared to other male sports. Injury in the game of Hockey is the result of a complex interaction of various risk factors in the course of time. pre University Hockey boys are at increased risk for certain game related injuries, particularly those including the knee injuries, hand and wrist injuries, and ankle injuries. Aim: The aim of the study is to investigate the prevalence of various kinds of injuries and rehabilitation methods for pre University Hockey boys, Subjects: 75 pre University Hockey boys from coorg district are the subjects for the study. Types of injuries considered for the study In the field of sports we can see different types of injuries. Mainly sprains, strains, Knee injuries, swollen muscles, Achilles tendon injuries, pain along the shin bone, relative shoulder injuries, fractures, dislocation etc. In Hockey the following injuries are common Hand and wrist injuries, Facial injuries, Ankle injuries, Knee injuries, Concussion, Overuse injuries 349 Physiotherapy is a holistic treatment employing a variety of techniques to help correct neuronmusculoskeletal dysfunction, reduce pain, speed recovery from injury, restore movements and prevent recurrence. Review of Related Literature Most studies of sports-related injuries have been investigations of specific injuries resulting from specific, organized sports at the high school, college, or professional level. This study documented all types of sports-related injuries received by all school-aged children in a Midwestern community of 100,000 for a 1- year period. Public and private schools, community sports programs, hospital emergency rooms, the schools' accident insurance company, and local physicians provided initial accident reports. Injuries were sustained by 3% of all elementary school students, 7% of all junior high school (grades 7 and 8) students, and 11% of all high school students. Non organized sports and physical education classes each produced nearly twice as many injuries as organized sports. One-fifth of the injuries were considered serious and one-fourth of all injuries could have been avoided had nominal safety precautions been observed. In a prospective study of 302 adolescent players in three ball games (soccer, handball and basketball), 119 incurred injuries. The injury incidence (number of injuries per 1000 playing hours) was 5.6 in soccer, 4.1 in handball and 3.0 in basketball. Ankle sprains accounted for 25 per cent of the injuries, finger sprains 32 per cent, strains in the thigh and leg 10 per cent, and tendinitis/apophysitis 12 per cent. The most serious injuries were four fractures, one anterior cruciate ligament rupture, and two meniscus lesions. The most serious injuries, with the longest rehabilitation period, occurred in soccer. In soccer, many injuries occurred during tackling and contact with an opposing player, while the injuries in handball and basketball were often caused by ball contact and running. Results Data Collection: Subject: The number of subjects was taken to the study are 75, in the age group of 17-20 years of boys from Coorg district. Collection of data: data collected through observation method. Place of data collection: Data was collected in summer hockey coaching camp held at Coorg district. Analysis of data: The present study was designed to survey of incidence of injuries and physiotherapy treatment given at Pre University Hockey boys from coorg district. The data collected on the basis of players of observation by the researcher and interpretation of data with the help of physiotherapist. Total 30 injuries were reported out of 21 days of hockey camp. , prevalence of various injuries in field hockey players are Hand and wrist injury, facial injury, Ankle injury, Knee injury, concussion, over use injury. The study revealed that Hand and wrist injuries 20%, Facial injury 10%, Ankle injury 25%, knee injury 20%, concussion 05%, overuses injury 20%, are found. Study shows that the percentage of the injuries takes place among pre university boy's

hockey players. Observed during summer hockey camp for pre university boys in coorg district. The treatment for these injuries is PRICE, Stretching, tapping and warm. 350 Causes of Injuries and its rehabilitation techniques Hand and wrist injuries: Because field hockey is played in a semi-crouched position with the right hand placed low on the stick, the hands and fingers are extremely vulnerable to injury from contact with the ball or an opponent's stick. Hand fractures, especially in the fingers are common. Percentage of injuries: The study shows that 20 % of the players suffer from hand and wrist injuries Rehabilitation techniques: Rehab exercises for the wrist and hand should always be done pain free. The number of repetitions will depend on your injury or strengthening aims and stage of rehabilitation. As a guide most trainers would recommend starting at one set of 8 reps daily increasing to 3 sets of 10 to 15 reps before increasing the resistance. Always seek professional advice if unsure. Exercises can be performed with either no equipment at all (isometric contractions - pushing against a stationary object), or with simple equipment like a dumbbell (or alternative like a bottle of water) or resistance band. Facial injuries: Accidental contact with a ball or an opponent's stick may result in injury to the face. While the majority of these injuries are minor cuts and bruises, more severe injuries such as facial fractures, penetrating eye injuries, and broken teeth have been reported. Percentage of injuries: The study shows that 10% of the players suffer from facial injuries. Ankle injury: Ankle sprains are the most frequent injury in sports. Inversion-type ankle sprains have been estimated to comprise roughly 15 percent of all injuries sustained during field hockey participation. Percentage of injuries: The study shows that 25% of the players suffer from ankle injuries. Rehabilitation techniques: Towel stretch, standing calf stretch, standing soleus stretch, ankle active range of motion, resisted active dorsi flexion, resisted active planter flexion. Knee injury: Knee injuries, including anterior cruciate ligament (ACL) tears, are very common, as are muscle strains, particularly of the quadriceps and hamstrings. Percentage of injuries: The study shows that 20% of the players suffer from knee injuries. Rehabilitation techniques: Static Inner Quadriceps Contraction, Quads Over Fulcrum, Static Hamstring Contraction, Resistance, Band Knee Extension in Sitting . Concussion: Concussions represent approximately 7 percent of all injuries sustained during field hockey competitions. Dizziness and confusion are the most common symptoms of a concussion, although longerterm issues such as headache, fatigue, and difficulty concentrating may also occur. Percentage of injuries: The study shows that 05 % of the players suffer from concussion injuries. Rehabilitation techniques: As a concussed patient becomes more symptom free at rest it does not mean they can automatically return to sports without experiencing problems. An incremental progression of exertion with heart rate monitoring is necessary prior to returning to sports or work specific activity. Overuse injuries: While acute injuries are often more dramatic in nature, chronic injuries comprise a significant number of injuries. Chronic injuries such as low back pain, tendinitis of the hip, knee or ankle, and stress fractures of the leg and foot, typically result from repetitive activity and overuse. Percentage of injuries: The study shows that 20 % of the players suffer from overuse injuries. Rehabilitation techniques: The following techniques are most commonly used to treat overuse injuries via soft tissue mobilization: a) Active Release Technique (ART), b) Graston Technique. Suggestions:

1) Using of proper equipments will avoid many of the injuries

- 2) Good fitness also helpful to avoid injuries.
- 3) Proper warming is must for the players to avoid total injuries.
- 4) Proper use of techniques also helps players to avoid injuries.
- 5) Knowledge of the rules of the game will come to the help of players in avoiding of injures.

Conclusion: Field hockey is very interacting game but still there is some situations leads to some injuries during play. Such situations are highlighted in the present study. The study would be very useful for the hockey players to take necessary steps to avoid injuries as well as to come out of such injuries.

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