

Training programs for rehabilitation and treatment after sports injuries in basketball

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INTRODUCTION:

Injury prevention has always been an integral task of the training process of basketball players. Frequent injuries disrupt the normal course of the training process and indicate its irrational construction. Methodological errors leading to injuries are primarily associated with a violation of the principle of gradualness, continuity and cyclicity with a sharp increase in the volume and intensity of physical activity.

Target and Objective:

To study the nature of sports injuries and its consequences for the sports and daily life of basketball players involved in team sports.

Research methods:

- 1- Analysis of scientific and methodological literature.
- 2- Questioning.
- 3- Pedagogical experiment.
- 4- Methods of mathematical statistics.

Research hypothesis - :

As the intensity of pain increases due to sports injuries of the musculoskeletal system in basketball players, there is a greater limitation of various aspects of life and a more pronounced decrease in the quality of life.

Object of study :

sports injuries and its consequences in basketball players. Subject of study: the nature of sports injuries among basketball players.

Research objectives:

- 1- Conduct a theoretical analysis of the literature on the problem of sports injuries.

- 2- To study the features of sports injuries among students involved in team sports (basketball).
- 3- Determine the severity of pain syndromes due to injuries of the musculoskeletal system in students involved in team sports (basketball).
- 4- To reveal the influence of pain syndromes on various aspects of students' life.
- 5- Assess the quality of life of students involved in playing sports (basketball) and having pain

Syndromes

Theoretical significance of the work:

The materials of this master's thesis can be recommended to instructors-methodologists of physical rehabilitation, instructors-methodologists in therapeutic physical culture, specialists in sports medicine, undergraduates and students of other universities for research activities.

The practical significance of the work:

The knowledge gained while writing a master's thesis can be used when passing exams, as well as in further professional activities.

application area:

outpatient treatment based on a polyclinic, rehabilitation centers (general and sports), inpatient treatment on the basis of hospitals, sanatorium treatment.

CONCLUSION:

Sports injuries - a set of injuries received during physical education and sports. According to the causes of injury, they are divided into mechanical, thermal, physical, chemical.

Sports injuries include injuries received during competitions or in training, when a basketball player aims to achieve a certain sports result or perform a set of exercises to maintain and improve physical condition. For the most part, these are ordinary injuries, which are observed in everyday life. Due to sports and technical unpreparedness, injuries are especially common among teenagers and young players. Most often, sports injuries of basketball players are not serious and do not cause much trouble to the victims, but for many of them, any deviations in

physical condition caused by even the most minor injuries can affect their sports form, lead to a decrease in results and sports activity in general.

Injury treatment:

The method of treatment depends on the nature and severity of the injury. The most common are the following:

rest (exclusion of physical activity); cold therapy (banal application of cold); compresses.

taking non-steroidal anti-inflammatory drugs (for example, ibuprofen); kinesio taping.bandage; support belts.

surgical intervention.

Injury Prevention in Basketball:

It is impossible to prevent all basketball injuries because some of them result from contact with other players. But there are general preventive measures that will reduce the risk of injury.

Pick up good basketball shoes. Proper shoes should support the ankle, provide cushioning for the foot and heel, and have anti-slip soles. It is also important that it fits in size.

CONCLUSIONS MY WORKS:

* .1Sports injuries - a set of injuries received during physical education and sports. According to the causes of injury, they are divided into mechanical, thermal, physical, chemical, mental.

According to the presence or absence of damage to the outer integument of the body, all injuries are divided into closed and open.

* .2Injury is one of the most important problems in any sport. Basketball, as a tense, vigorous activity, is associated with a number of extreme situations. Only a healthy athlete can achieve high sports results. However, sports do not harm, but contribute to the development of health only when they are carried out rationally and with optimal load.

* .3The features of sports injuries in athletes involved in basketball were studied and the factors that influenced the occurrence of injuries were identified.

Most often, traumatic injuries of the joints were noted: knee - 8 (24%), ankle - 5 (15%), shoulder - 4 (12%), elbow - 2.(%6)

There were no significant differences in the level of traumatic injuries between the groups.

The provoking factors of traumatic injuries of the musculoskeletal system were similar in both groups: heavy loads, overweight, the impact of previous injuries.

- External factors affecting the possibility of injury to the musculoskeletal system differed significantly among athletes with different levels of pain. In athletes of the first group, injuries were most often associated with improper organization of the educational and training process (58.3% versus 19.0% in the second group); with shortcomings in the technical condition of training places (33.0% versus 28.6% in the second group); with adverse weather conditions (25.0% versus 14.3% in the second group); with violation of the competition rules by the judges (25.0% against 0% in the second group).
- Internal factors affecting the possibility of injury to the musculoskeletal system varied significantly depending on the level of pain. Athletes of the first group most often had insufficient physical and technical training (83.3% versus 42.8% in the second group); somewhat less often there were long breaks in training (58.3% versus 28.6% in the second group); participation in training and competitions against the background of overwork, illness, untreated injury (25% versus 38.1% in the second group); insufficient warm-up (25.0% versus 42.8% in the second group).

* .4The severity of pain syndromes due to injuries of the musculoskeletal system in athletes involved in basketball was determined: the results of assessing the severity of pain, obtained by various modern quantitative methods, indicated significant, significant differences in the level of pain in athletes of the first and second groups. Most of the indicators of athletes of the first group corresponded to mild and moderate pain; in athletes of the second group - severe pain.

* .5The influence of pain syndromes on various aspects of life was revealed: limitation of strength and energy, limitation of pleasures

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