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'CONTEMPORARY APPROACHES AND APPLICATIONS IN
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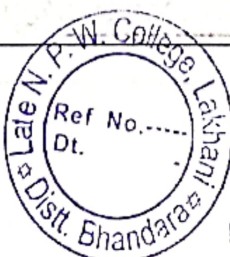
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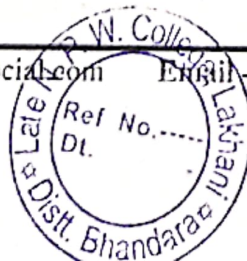
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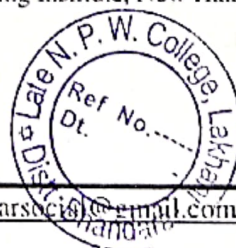
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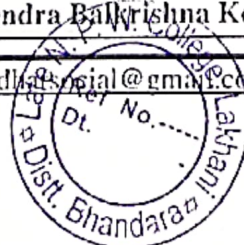


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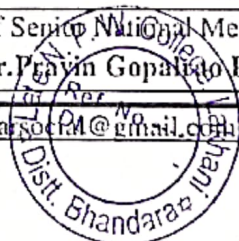
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A Comparative Study Of Joint And Muscular Injuries Among Football And Handball Players.

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Director of Physical Education and sports
Late Nirdhan patil waghave College Lakhani

Abstract

The purpose of the study was to find out and compare the sports injuries among Football and Handball Players of different college players of R.T.M. Nagpur University, Nagpur. The study was delimited to 50 (N=50) inter collegiate male players of different college's of R.T.M. Nagpur University and their age group were 18 – 20 years. For collection of the data structured questionnaire was used the study was delimited to only joint and muscular injuries in this group.

Introduction

Joint

Typical joint injuries occur in the knees, ankles, wrists, shoulders and elbows. These joints can swell and suffer from inflammation and redness, making them immobile and limiting their range of motion. Joint injuries often occur as a result of bicycle wrecks, falling in contact sports, and car accidents. They can range from sprains to fractures and dislocations.

Common joint injuries include:

- Runners Knee
- Plica Syndrome of the Knee
- Rotator Cuff Injury (Shoulder)
- Sprained Ankle

Muscle injuries

Skeletal muscle injuries represent a great part of all traumas in sports medicine, with an incidence from 10% to 55% of all sustained injuries. They should be treated with the necessary precaution since a failed treatment can postpone an athlete's return to the field with weeks or even months and increase the risk of re-injury.

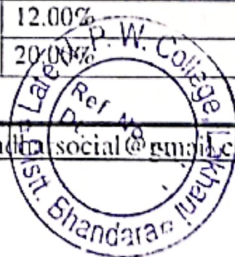
There are a number of types of muscle injury that can occur: laceration, contusion and strain.

- A laceration occurs when the muscle is cut by an external object, this usually occurs during traumatic accidents such as road traffic or industrial accidents.
- A contusion occurs when there is a compressive force to the muscle and usually occurs in contact sports e.g. in football when two players collide, knee to thigh in a tackle.
- Strain injuries occur when muscle fibers cannot withstand excessive tensile forces placed on them and are therefore generally associated with eccentric muscle action. Strains most commonly occur in muscles working across two joints e.g. hamstrings, gastronomies during periods of rapid acceleration and deceleration, by placing the muscle in a lengthened state over two joints and contracting forcefully.

Table No. 1

Showing the Percentage difference of Joint in Football and Handball Player

Sr. No.	Player	Joint	
		No. of injured Player	Percentage
1.	Handball	3	12.00%
2.	Football	5	20.00%





From Table No. 1 it is clear that the Handball player is suffering from Joint - 12.00% and Football Player - 20.00%. Joint injury of Football player is more than the Handball player.

Graph No. 1

Showing the Percentage difference of Joint in Football and Handball Player

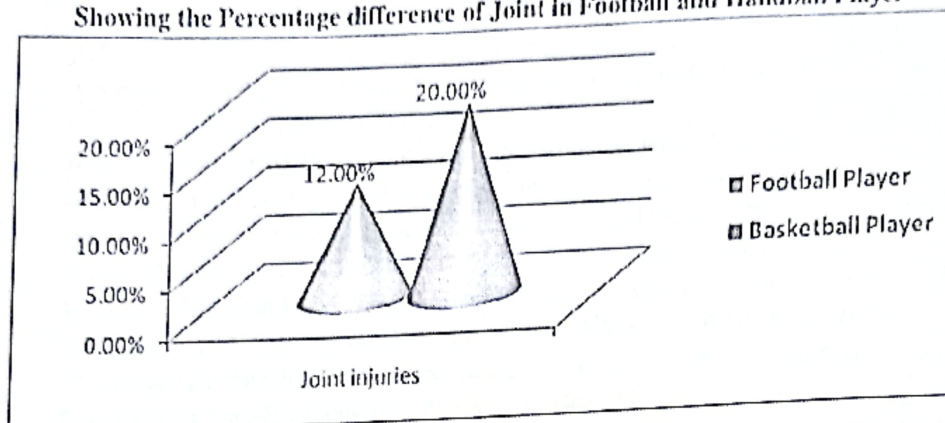


Table No. 2

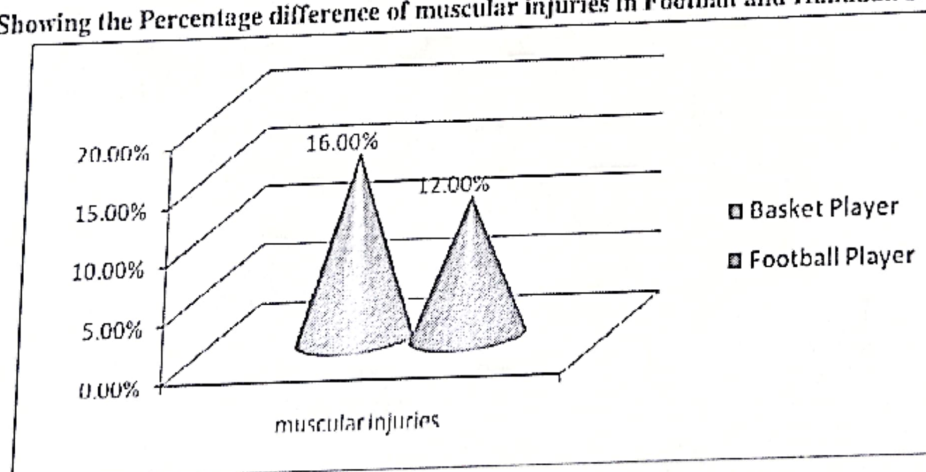
Showing the Percentage difference of muscular injuries in Football and Handball Player

Sr. No.	Player	Joint	
		No. of injured Player	Percentage
3.	Football	4	16.00%
4.	Handball	3	12.00%

From Table No. 2 it is clear that the Football Player is suffering from muscular injuries 16.00% and Handball player - 12.00%, muscular injuries of Football player are higher than the Handball Player.

Graph No. 2

Showing the Percentage difference of muscular injuries in Football and Handball Player



Conclusion

Studies results show that football players are more prone to joint injuries in comparison with handball players at inter college level.

Study also reveals that football players are more prone to muscular injuries in comparison with handball players.

Recommendations

It is recommended that the football players should use quality shoes.

It is recommended that proper knowledge of warm up and relaxation should be imparted to the students.





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