

Hockey Injuries and Prevention

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Abstract – Hockey was chosen as the National Game because of the team's unparalleled distinction and matchless talent at the time. During the phase, India had played 24 Olympic matches and won all of them scoring 178 goals and conceding only 7 goals. The only other achievements of the team later that are worth mentioning are the gold medal in the 1964 Tokyo Olympics and the gold medal in the 1980 Moscow Olympics. Perhaps we need better coaches, more finances and facilities and more practice on AstroTurf, which has a faster surface than the grass, where Indians have to practice. It will be a good idea to train the talented children in hockey right from school level, providing them the necessary funds, training and facilities to preserve the Indian glory.

Keywords: Hockey Injuries and Prevention

INTRODUCTION



National Game of India - Despite the ever-growing popularity of cricket, and Hockey, there is no official national game of India. Although some experts believe that Hockey is the national game of India, but there is no official confirmation on that. The peak time of Indian hockey team was from 1928 to 1956, when it brought all the six consecutive Olympic gold medals home that were held during those years. The end of its glory were perhaps the result of the death of the star hero Dhyan Chand, the introduction of AstroTurf (still a rarity in India) and the migration of many hockey-playing Anglo Indians to Australia. Recently, the few wins have rekindled the interest of the Indians in the forgotten game and have managed to grab a little bit of attention to the hockey sport team stars such as Dhanraj Pillay

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talent at the time. During the phase, India had played 24 Olympic matches and won all of them scoring 178 goals and conceding only 7 goals. The only other achievements of the team later that are worth mentioning are the gold medal in the 1964 Tokyo Olympics and the gold medal in the 1980 Moscow Olympics. The black magic Indian touch and their ball juggling feats have become almost extinct now. Perhaps we need better coaches, more finances and facilities and more practice on AstroTurf, which has a faster surface than the grass, where Indians have to practice. It will be a good idea to train the talented children in hockey right from school level, providing them the necessary funds, training and facilities to preserve the Indian glory.

WHAT ARE THE RISK FACTORS FOR HOCKEY INJURIES

The chance of sustaining an injury depends on many variables, including the level of participation, player position, protective equipment, violent behavior, and personal susceptibility due to pre-existing injuries and style of play. Injuries occur much more frequently in games and increase with each level of participation.

WHAT ARE COMMON HOCKEY INJURIES

Shoulder Injuries

The most common shoulder injuries in hockey are shoulder separation and a broken collarbone. These injuries occur from direct contact of the shoulder with

another player, the boards, or the ice. Treatment can include a sling, rest and in serious cases surgery.

Elbow Injuries

The point of the elbow is a frequent area of contact, which can result in the development of bursitis. Thick and scarred bursal tissue (which feels like bone chips, but isn't) can be a source of recurrent inflammation. The best prevention method is wearing elbow pads that fit well and have an opening for the elbow, soft padding, and a plastic outer shell.

Wrist Injuries

A fall on the outstretched arm or contact with the boards that forces the wrist up or down may cause a fracture. Players should try bracing themselves against the boards using their forearms instead of their hands.

Back Injuries

Hockey players are at risk for low-back injuries due to the flexed (forward) posture of skating and the frequent hyperextension (backward) stress. Low-back pain and/or pulled muscle are the most common injuries. Stretching of the hip flexors along with strengthening of the back and abdominal muscles will help avoid these injuries.

Hip Injuries

The hip joint and groin muscles are susceptible to injury due to the mechanics of the skating stride. Some of the most common soft tissue injuries in hockey players include groin strain and a hip flexor strain. Off-season strengthening and dedicated stretching before and after practice are important to prevent these injuries. In addition, a direct blow to the outside of the hip can cause a hip pointer or trochanteric bursitis. Hockey pants with reinforced padding over these vulnerable areas may help protect them.

Knee Injuries

The medial collateral ligament is most susceptible to sprain because of the leg position—pushing off the inside edge of the skate blade—and contact to the outside of the knee. Anterior cruciate ligament (ACL) disruption and meniscus tears (torn cartilage) can also occur but are less common in hockey than in other sports such as football, soccer, and basketball.

How Can Hockey Injuries Be Prevented

The intrinsic hazards of playing hockey cannot be completely eliminated, but the risk of injury can be substantially reduced. Fortunately, the overwhelming majority of hockey injuries are mild. Most injuries involve the soft tissues: bruises, muscle strains, ligament tears, and cuts. Serious injuries are possible and players should avoid dangerous tactics. A few tips for preventing injuries include:

- Obtaining a preseason screening examination by an experienced athletic trainer or physician to identify existing injuries and uncover deficiencies.
- Participating in a sports-specific conditioning program to avoid physical overload.
- Obtaining high-quality equipment that fits well and is not damaged, worn-out, or undersized.
- Enforcement of existing rules. Players and coaches' hold always demonstrate sportsmanship and mutual respect for their opponents and the officials.

CONCUSSION

Athletes may suffer a concussion without getting "knocked out" (loss of consciousness). Players, coaches, and parents should be aware of the typical symptoms and signs, including "not feeling right" and headache. Any player experiencing symptoms or displaying signs of a concussion should not return to play and should be medically evaluated.

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