

Tajuk kursus : Sports Injury Prevention Course

Tarikh: 18 December 2022 (Sunday)

Tempat: Kinepro Physiotherapy & Rehabilitation Centre, Eco Aedence (Setia Alam)

Anjuran: Kinepro Physiotherapy & Rehabilitation

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What is sport injury prevention?

Education about awareness on factors that can lead to sport injuries. This prevention can develop a fitness plan that includes cardiovascular exercise, strength training and flexibility that can help decrease the chance of injury.

Why do sport injuries happen?

- Accidents (fall/heavy blow)
- Not warming up properly before exercising
- Muscle weakness
- Using inappropriate equipment or poor technique
- Structural abnormalities

What is sport psychology?

The scientific study of the mind and behavior, a multi-faceted discipline that include many subfields of study such as human development, sports, health, clinical, social behavior and cognitive processes (Dr Saul McLeod, 2019).

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issue associated with sports settings and organization (American Psychological Association,2008).

How injuries affect our psychology?

- Negative emotions
- Mood disturbances
- Fear of re-injury
- Failure-based depression
- Reduced confidence
- Restlessness

Staleness syndrome

The quality of athletic performance reaches plateau or may get worse. Staleness can be detected by mood changes, sleep disorder, loss of appetite and mental depression.

Sport psychology in rehabilitation

Help athletes cultivate learned optimism and motivation as they recover. Aids rehabilitation and ensures that they are less likely to re-injure themselves by rushing back to the field.

What can we do to reduce injury?

Taping: it is the procedure that uses tape, attached to the skin. To physically keep in place the muscle or bone at a certain position to reduce pain and aids recovery. It is form of partial immobilization of the joint which allow for a certain level functional mobility.

Type of taping:

- Elastic tape
- Non-elastic tape
- Kinesiology tape

Role of taping:

- Prevent from injury
- Limit the excessive movement of unstable joints
- Protect and support the injuries
- Enhance kinanesthesia