

Mechanics Of Injuries In Sports

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Biomechanical analysis of sport performance provides an objective method of determining performance of a particular sporting technique. In particular, it aims to add to the understanding of the mechanisms influencing performance, characterization of athletes, and provide insights into injury predisposition. Injuries are a growing cause of concern for athletes. Injuries can have serious consequences for the athlete with a greatly increased risk of early osteoarthritis. Athletes respond to training variedly, accordingly to training load (individualization). Cause of injury in one sport may not be a factor in other sports. Coaches and trainers are unable to identify mechanical breakdown issues which arise from Specific training load, technique, equipment's or other environmental factors.

Nonetheless, biomechanical analyses are critical to coaches and athletes because they provide comprehensive description and, eventually, explanation of the performance. Early identification and symptoms during training by the athlete himself / coach / medical / bio-mechanist can reduce the risk of injury to a great extent. However, it is generally noted that the training is carried on by the athletes and coaches, unless the athletes believe to have chronic pain. Biomechanical assessments and sports specific functional and mechanical interventions from time to time could enable the athlete to perfect the technique and also to reduce the chances of injury. Ability of the coaches/trainers to identify the cause of injuries at early stages would help the athlete to have a long and beneficial career in sports. In this presentation, couple of biomechanical analyses and the mechanics of injury are discussed.