

## SUFFICIENT TECHNIQUES FOR HANDLING ATHLETIC INJURIES

by:

**Jellie Ann S. Sanchez**

*Teacher I, Bagac National High School*

Both fitness enthusiasts and players are concerned about sports injuries. Physical exercise, regardless of skill or ability level, always has the risk of harm. Nonetheless, these injuries can be reduced, efficiently treated, and in certain situations, prevented with the appropriate approaches and management practices. This article discusses practical methods for handling sports injuries, including conditioning, training, and rehabilitation plans. Athletes can improve their general well-being, minimize the chance of injury, and maximize their performance by comprehending and putting these strategies into practice.

In addition, the need for mental health support in the management of injuries is becoming more widely acknowledged. (Putukian, M. 2016). Athletes who suffer from injuries may find it emotionally exhausting, which can affect their confidence and drive. Athletes can manage better and maintain focus on their rehabilitation objectives with the assistance of psychological resources and support.

Sports injuries must be effectively managed by athletes of all levels. Athletes can reduce the effects of injuries and maximize their recovery by taking a proactive strategy that includes appropriate training practices, injury prevention programs, prompt treatment, and thorough rehabilitation. A comprehensive approach to injury care, addressing mental, emotional, and physical aspects, can significantly enhance long-term health and performance.

Prompt first aid, customized rehabilitation, gradual return-to-play procedures, injury preventive measures, mental health support, and cooperative collaboration are all important components of successful sports injury management strategies. Athletes can

minimize the negative effects of injuries on their performance and general well-being by putting these strategies into practice and recovering safely and effectively.

*References:*

Putukian M. The psychological response to injury in student athletes: a narrative review with a focus on mental health. *British Journal of Sports Medicine* 2016;50:145-148.  
<https://bjsm.bmj.com/content/50/3/145>