

Injury Prevention And Recovery Measures In Track And Field Training

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Abstract: Injuries and illnesses are practically inevitable consequences of training and competitions, regardless of how safe the environment is, and coaches must be able to handle them quickly and correctly. The information presented in the article equips coaches with the necessary knowledge on injury prevention, providing proper assistance to injured athletes, and the measures that should be taken after injuries occur.

Keywords: Avulsion, spasm, Achilles tendon, muscle belly, priced, therapeutic treatment.

Introduction: As a coach, you know that every track and field event and training includes a risky element. These natural hazards should be eliminated and/or minimized as much as possible. It is known that in unexpected situations during sports competitions, there is a risk of injury to the athlete. However, regardless of how safe the environment (competition conditions) are, injuries and illnesses can be almost a consequence of participating in improperly organized training and competitions. The coach must be able to quickly and correctly guide them in such situations and guide the athlete correctly.

Prevention of sports injuries may seem like a complex problem, but it can be expressed in one word - "responsibility." The responsible attitude of the coach, athletes, referees, and doctors can play an important role in preventing injuries. You are responsible for ensuring that the athlete's physical condition is sufficient to engage in athletics, that they do not overwork, use proper equipment, and follow the rules. As a coach, you are also responsible for not being overly ambitious by encouraging athletes to perform loads beyond their capabilities, or for not letting children go beyond the boundaries set by their age and experience. [3.5]

Injuries and illnesses are almost inevitable consequences of training and competitions, regardless of how safe the environment is, and the coach must be able to address them quickly and correctly. It is important for the trainer to understand the scope and

limitations of their authority; it is recommended that all trainers have valid and recognized qualifications that give them the right to provide first aid.

METHODOLOGY

A successful coach must first and foremost possess ethical views that prioritize the rights and needs of their athletes over their own. Promoting the motto "Athlete first, victory second!" in coaching helps prevent all injuries and unpleasant situations. [2.4]

The book "Introduction to Training Theory," published by Peter J. L. Thompson under the auspices of the International Athletics Federation, also provides information in the form of recommendations to coaches on the causes of athletes' injuries during training and measures to prevent them. [4]

DISCUSSION

Most sports injuries involve the tearing of soft tissues. The small blood vessels (and sometimes large vessels) that supply these tissues with blood rupture. This leads to bleeding in the injured area and its surroundings. Usually, this condition is immediately identified by the following symptoms: pain, swelling, and discoloration of the skin.

Soft tissue injuries. The most common injuries in sports are soft tissue injuries. These include injuries to muscles, tendons, and ligaments, sometimes accompanied by injuries to nerves and blood vessels. Common types of soft tissue injuries are bruises, cuts, scratches or abrasions, as well as strains and sprains. In

any case, the severity of injuries to muscles, ligaments, and tendons can be classified as follows: Mild, moderate, severe, avulsion (separation from bone)

These four degrees of injury severity are illustrated using the example of the knee joint. Detecting minor and moderate tears is not particularly difficult. Often, an athlete doesn't notice the injury until they cool down. Then, over the course of 24 hours, pain first appears when the area is pressed or compressed, followed by pain when bending and extending the knee.

In moderate and severe strains, the athlete usually feels as if something is "pulling." With moderate stretching, it is sometimes possible to complete the

movement, but in severe stretching, such pain and loss of strength are experienced that the athlete is forced to stop. In track and field, avulsions are rare, as they usually occur in mature athletes as a result of strong muscle contractions during resistance. However, they are more common in adolescents, as their muscle strength exceeds the tendon's attachment strength to the bone. When a tendon avulsion occurs - for example, when the Achilles tendon is injured - the belly of the muscle to which the tendon attaches is likely to go into spasm.

Treatment of soft tissue injuries. The measures to be taken for minor soft tissue injuries can be briefly designated by the English letters P.R.I.C.E.D.

P	Prevention	Prevention is easier than cure
R	Rest	The injured area should be immobilized.
I	Ice	Ice or a cold object is applied directly to the skin or through a damp towel. If applied directly to the injured area, the spot where the ice is placed should not remain stationary - gentle circular movements can be performed. Warning: prolonged direct contact of ice with the skin can damage it and lead to frostbite. It's better to apply ice for 5-10 minutes at short intervals rather than using it continuously.
C	Compression	Usually, compression is performed by applying sterile bandages or lip-checks, which can be applied directly, with the hands.
E	Elevation	Lifting means lifting the injured part of the body above the heart area. For example, the injured leg is raised high, and the athlete lies down.
D	Diagnosis	If possible, the athlete should be examined by a qualified sports traumatologist or doctor. For an accurate diagnosis, it is necessary to consult a physician or physiotherapist.

Factors influencing recovery:

The following factors determine how quickly an athlete recovers from a sports injury:

- Type and degree of injury. Large wounds heal more slowly than small ones.
- Providing assistance at the early stage. Immediate and correct assistance shortens the recovery period.
- Type and duration of therapeutic treatment. Choosing the right treatment method and applying it consistently contributes to recovery.
- Eating. Proper nutrition ensures an adequate supply of nutrients that accelerate the recovery process.
- Individual differences. Wounds heal faster in young

athletes. Athletes differ in their physical and psychological structure, which also affects the duration of the recovery period.

RESULTS

Recovery after a sports injury. Before returning to active activity, the athlete must fully recover if they do not want to be injured again. Proper recovery includes:

- Restoration of full mobility in the joint, achieving 100% of the volume of previous movements
- Return to initial strength of the muscles of the injured area
- Loss of pain
- Mental readiness, elimination of fear.

Coaches who doubt whether an athlete can resume training and participate in competitions should consult with the athlete's doctor to ensure their full recovery.

Development of a wound treatment program. If the development of a successful training program is the most difficult task for a coach, then the ability to solve the problem of injury is almost secondary. Despite the successes achieved in diagnosis and treatment, injuries still remain traumatic. Although a bone fracture or muscle strain caused by fatigue is a physical injury, the athlete also suffers mentally. A doctor can prescribe treatment for a physical injury, but it is the coach who should help the athlete overcome the remaining problems.

If you create a well-thought-out program for treating injuries, an athlete can contribute to the team's work even if they are injured, cannot run, jump, or throw. Similarly, a team can help an injured athlete recover and recover. The main thing to understand is that injury has a multifaceted impact on the athlete, and all of this must be taken into account for quick and successful recovery. First of all, it must be admitted that training, especially running, becomes a habit for track and field athletes. Every athlete trains for different reasons, but all athletes need a certain amount of repetition. This need creates problems for an injured athlete who cannot train. Many athletes do not want to admit their injury when they are disqualified from training or competitions. However, full recognition of the injury is the first step towards recovery. This must be a true and complete confession, and at the same time, it is necessary to understand what is necessary to allow the body to recover and heal. Routine track and field training creates additional difficulties for the injured athlete. An athlete experiences the same complex emotions as when renouncing any habitual activity or substance. These symptoms are irritability, excitement, depression, guilt, general fatigue, depression, and loneliness. In rare cases, athletes experience insomnia, muscle strain, pain sensations, and stomach disorders. If the athlete acknowledges that such sensations are a common phenomenon, it becomes easier to work with and control them. One way to alleviate these symptoms is to replace regular exercise with other types of physical and mental activity. This helps the athlete focus on what can be done, not what cannot be done! After defining the types of activities, the coach and the athlete must define their goals. Setting a goal allows the coach to help the athlete control the situation and not play the role of a victim who succumbs to injury. We should focus on what we can do, not what we cannot do!

It is also necessary to set other goals, for example, how to follow the physiotherapy doctor's

recommendations. At the same time, it is necessary to identify goals that allow the athlete to feel needed by the team. After an injury, the athlete often feels unwanted, as a result of which they can huddle around themselves and avoid communication with training partners. If the injured athlete maintains contact, they will have an active and strong "support group" at their disposal, which can help them recover. During the injury period, athletes may worry about their weight. Explain to athletes that proper nutrition creates the necessary foundation for recovery. Many athletes actually prolong the injury period because they really want to maintain their athletic image. Tell the athletes that proper nutrition creates the necessary foundation for recovery.

CONCLUSIONS

The International Association of Athletics Federations' Code of Ethics for Coaches states: "Coaches must ensure the safety and suitability of the environment. This takes into account the athlete's age, level of maturity, and skill. This is especially important for the youngest or least prepared track and field athletes." A coach who wants to achieve success considers the necessity of creating a safe environment and takes all measures to establish it. In such conditions, athletes can test their capabilities and even expand their limits without excessive risk!

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