

a) Direct injuries occur as a result of a direct blow to the body. For example getting hit with a hockey stick in the hand and bruising or breaking fingers. Another example ~~is~~ may be a football tackle in rugby league, where the contact from the tackler may break a rib, that would be a direct injury. Indirect injuries don't result from a direct blow. An example may be pulling a muscle, through running because you failed to stretch. Or a injury ~~occurs~~ such as falling on a out stretched hand which in turn hurts your shoulder. So they don't occur at the point of contact

b) One way physical preparation prevents injury is through warm up, warm up should be done prior to any exercise. Warmups may involve a ~~run~~ general gross motor activity such as a run, stretching using mainly dynamic and static stretch, then maybe skill practice for that needed in the game. The main reason it prevents injury is that it improves the flexibility and range of movement

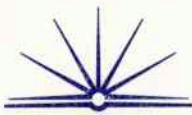


at joints. It allows ~~warms up~~ give and take for the joint, as many sports injuries come through failing to warm up ~~enough~~.

Other effects warm ups has, is it stimulates blood flow and allows blood to circulate more effectively. It also allows athletes to mentally prepare for what they are about to do and focus.

Skill technique is another preventative measure. That is be able to perform ~~the~~ skills used in the sport safely. For example learning how to fall so you don't injure yourself. This can be applied in a lot of contact sports. Another example is learning how to tackle properly in rugby league by moving your head to the side to avoid neck injuries.

General conditioning is another preventative measure. Such as improving general strength of an athlete such as improving muscles in leg and making bone density stronger. This can be done using strength training. Flexibility training should also be done to improve Range of movements at joints.



taping	general conditioning	exercises specific	cause further injury
playing with injury	Stretching	importance of game	
Perform skills used in game	start with friendly matches	specific warm up	

c) Returning to play from having injury, you should make sure the injury has completely recovered this could be done through rehabilitation. While trying to improve injury, you should make sure you use progressive mobilisation ~~start~~, for example with leg start walking slowly then gradually build up to ~~the~~ walking up stairs. Also you should maintain conditioning for example if you have an arm injury continue to jog, and run. Stretching is also an important part of rehabilitation, stretching should be done to start to increase range of movement. And An athlete shouldn't return until he is able to perform his duties in the sport including including skill that are used, The player should begin training for weeks before he actually returns to competition so he get gain a feel for the sport and make sure he can perform. An athlete should not return if he feels any pain during performing movements or feels pain after performing. If this pain does occur it is likely that you are not ready and by performing these movements you are causing further injury



to the injured area or at risk of causing injury. You want to make sure it has fully healed so you have no long term effects. But ~~that~~ in today's world, sport can be associated with lots of pressure which poses the ethical question of playing with injury. When deciding to ~~whether~~ you want to come back early there are many factors that will have a bearing on your decision such as, levels of competition, importance of game, doctors advice, pressure from sponsors or coach and whether playing with it will make it worse or have a long term effect on you. For example a bad knee when you retire.

When coming back from injury you should start with playing friendly before of reserve grade, before you start playing. Taping should also be used when returning, taping will allow support for the injury and prevent ~~it~~ the injured area from going beyond the normal range of movement.