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YOGA AND SPORTS INJURIES

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ABSTRACT

The principal aim of this study is to know how yoga prevents and recovers from sport injuries. In sports generally injuries happens to muscles, skin, and nerves. Apart from that in sports stress and anxiety are also known as one type of injuries. As we all knew sports is all about both physical and psychological. A sportsman's best performance comes from physical fitness and psychic skills. In this way regular practice of yoga can prevents injuries. Physical injuries are prevented or recover by such yoga asanas and stress, anxiety, depression are holdout by meditation and pranayama. Yoga also creates positive attitude on mind.

KEYWORDS: Yoga, sports injuries, recovery, practice, muscles, body, prevents, joints, stress, reduce anxiety.

INTRODUCTION :

The most common reason for sport related injuries is overuse and abuse. Most injuries arise because athletes disconnect to their body. Some people take better care of their cars than their own bodies. The best prevention is to become aware of your body, its shape, how it feels, range in the joints, and its symmetry. If you over train at the gym or play sports consistently, you are exposing yourself to injury. If you love sports you know that injuries come with the territory—caused by repetitive motion, imbalances in your biomechanics, or in many cases both! But if you practice yoga, you have a great tool at your disposal for preventing injuries. A yoga practice encourages you to take inventory of your body as you practice. The more awareness you have of how your body feels from day to day or from pose to pose, the more likely you are to notice tight or injury-prone areas of the body that need attention before full-blown injuries can occur.

There are five muscles groups that are commonly strained when you're sweating it out and pushing your body physically:

- the Hamstrings,
- the Quadriceps,
- the hip and groin area,
- the calf muscles, and
- The extensor muscles of the back.

The common plan of attack when you are injured is to get some therapy and just wait until you're better. But, there is a more proactive way to heal your body, and it involves doing Yoga exercises. But there is a more proactive way to heal your body, and it involves doing Yoga exercises.

Here are some reasons why you should do Yoga when you're injured:

1. Yoga Stretches Muscles and Joints

When you do Yoga, you increase your flexibility and create better posture. Creating better posture means you align your head, shoulders, and pelvis to your spinal curvature. A balanced body frame helps to avoid future injury and pain. Additionally, basic yoga is low impact, but if you do it frequently, it will have a huge effect on your present state and body mechanics. In sports events muscles and joints generally get more injured none other than part of our body. In this manner yoga asanas are keyword for recovery from muscle and joint injuries.

2. Yoga stimulates the fluids in your body

Yoga assists in the circulation of the synovial fluid and the lymph fluid in your cells. Synovial fluid is found in the cavities of your joints, and it reduces friction between the cartilage and the ends of your bones in your joints.

3. Yoga reduces inflammation

When you tear or strain a tendon or a ligament, you will experience joint pain. The stimulation of synovial fluid helps re-lubricate your joints, which reduces inflammation.

4. Yoga grounds you

An injury is frustrating for anybody. It's common to get impatient and to want to go back to training sooner than you should. When you practice yoga, you work on aligning your body and mind through the breath and through meditation. These techniques will help you manage the stress of your injury.

5. Yoga improves your sleep

When you're recovering from a sporting injury, sleep is essential for your body. Injuries result from physical pressure, and sleep gives your body time to recover fully. Yoga relaxes you mentally, physically, and spiritually, and that will improve your sleep quality.

6. Yoga prevents future injury

Yoga strengthens your joints because it focuses on slow, yet, lengthy movement. You sit in poses for more than a few minutes at a time, and this decreases muscle stress while increasing joint strength.

7. Reduces Stress and anxiety

In sports, injuries are not only tagged with physical aspect but also stress and anxiety impacts on player's performance. Various Situations of a match, result of past matches, geographical conditions, bad performance by teammates, will to win, over load, poor fitness are casus for both injuries of physical and mental. In that way some time injuries related towards mind, attitude and mood are most dangerous than physical injuries. In yoga some aspects like meditation, pranayama, yoganidra which reduces such kind of injuries related to stress, anxiety, attitude, mood, and mental health.

CONCLUSION

After discussing above all things we should know that how much yoga had importance in curing all sports injuries and preventing also. Yoga creates a huge prevention in all joints and muscle of our body so that yoga helps to manage over load and stress which comes commonly in competitive sports.

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