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IMPACT OF INJURIES ON KHO KHO PLAYERS

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Abstract:

Kho Kho Federation of India has reduced the size and measurement of the kho kho playground. This shows an increase in the speed and intensity of the game. As a result, players have to deal with physical and psychological injuries. Players need to use preventive equipments (i.e knee cap, anklet or doctor tape etc) to avoid physical and mental injuries. Researchers have studied how to enhance players' without injury performance.

Keywords: Performance, injury, Sprain, Overuse injury, Prevention, Equipments etc

Introduction:

In the modern world, the intensity of competition in all sports seems to have increased. Increasing competition appears to be adding to the number of injuries. There are a lot of injuries that players have to deal with. Kho Kho games are considered more intense than other sports. The game is a time of 9 -5 -9 (9 minutes play - 5 minutes rest -9 minutes play). There is no time out or break while the game is going on. As a result, there are more chances of injury in this game. The severity of injuries is high in kho kho sports so it is important to get proper treatment and precautions. The player's performance seems to have been affected by

the injuries in the competition. Therefore, it is important for the players as well as the sports coaches to know about the injuries. So that poor performance will not end the career of the player in kho kho game.

Defination:

Kho Kho :

"Chaser touching to the attacker with hand palm between shoulder line and waist line and uttering the word with sufficiently loud tone which defender and referee can hear."

Injury:

"A violation of a legally protected interest (as the physical or mental well-being, property, reputation, or rights of another) for which the law allows an action for legal or equitable relief."

Performance:

"A performance is an act or process of staging or presenting a play, concert, or other form of entertainment. It is also defined as the action or process of carrying out or accomplishing an action, task, or function."

Objectives:

1. To aware of the injury to players in the game of Kho Kho.
2. To Informing the players what care to take on which skills can lead to an injury.
3. To be aware that repeated stress or excessive use of the same bone or joint in practice or competition is likely to lead to overuse injury.
4. To using preventive equipment so that the knee, toe, toe fingers, and waist do not suffer injuries in practice or competition.
5. To inform the players about the injury in kho-kho game and to train accordingly.

Impact of injuries in kho kho games seems to have affected the following factors:

1. Physical Impact : An injury or injury sustained during the competition can cause pain and stress on the muscle in the injured area and reduce the performance of the player.

In Kho Kho games some common sports injuries include: