

Article

Biomechanical principles in the prevention of sports injuries

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Abstract: Biomechanics, as an interdisciplinary field involving multiple fields, can help analyze individual differences, develop personalized training plans, and effectively prevent injuries to vulnerable areas of athletes. This article used a high-precision 3D motion capture system and various physiological monitoring devices to collect athletes' motion and physiological data. Combined with biomechanical modeling and risk assessment methods, the impact of five key parameters, step frequency, stride, joint angle, muscle strength, and speed, on injury risk was analyzed. The experimental results showed that implementing the personalized biomechanical prevention strategy applied in this article reduced the incidence of sports injuries by 20%, and optimizing step frequency, stride length, and enhancing muscle strength can significantly reduce the risk of injury. This article provided a scientific basis for developing personalized prevention strategies, which can help improve athletes' athletic performance and safety.

Keywords: prevention of sports injury; biomechanical principle; risk factor assessment; prevention strategy development; data collection

1. Introduction

With the continuous development and progress of various disciplines in competitive sports, the incidence and prevalence of sports related injuries have become increasingly serious problems, posing significant challenges and ultimately having adverse effects on the career trajectory and overall quality of life of athletes participating in these physically demanding activities. Traditional training methods often lack specificity and are not tailored to the individual needs of athletes. It is extremely difficult to effectively reduce the unique and personalized risks associated with injuries that each athlete may face based on their specific physiological and biomechanical characteristics. Therefore, it is necessary to conduct a comprehensive analysis and investigation of the application of biomechanical principles related to the prevention of sports injuries, and to develop and implement personalized training programs, both of which have significant practical significance and significant scientific value in the fields of sports science and athlete welfare.

The principles of biomechanics cover a wide range of potential implementation schemes and have broad and profound applicability in the field of sports science, significantly enhancing people's understanding and optimization of athletic performance. By using complex biomechanical analysis techniques, researchers and practitioners have a unique opportunity to carefully evaluate the stress conditions experienced by athletes during physical exertion, making it easier to identify specific areas where injury or risk of injury may exist. At the same time, when this analysis is combined with high-precision cutting-edge data acquisition technology and advanced multimodal data fusion algorithms, it becomes feasible to achieve

Prevention Of Sports Injuries A Biomechanical Approach

**Elaine Atkins, Emily Goodlad, Sharon
Chan-Braddock**



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Prevention of Sports Injuries Carole J. Zebas, Michael Chapman, 1990-01-01 *Sports Injuries* Mahmut Nedim Doral, Jon Karlsson, 2015-06-29 *Sports Injuries Prevention Diagnosis Treatment and Rehabilitation* covers the whole field of sports injuries and is an up to date guide for the diagnosis and treatment of the full range of sports injuries The work pays detailed attention to biomechanics and injury prevention examines the emerging treatment role of current strategies and evaluates sports injuries of each part of musculoskeletal system In addition pediatric sports injuries extreme sports injuries the role of physiotherapy and future developments are extensively discussed All those who are involved in the care of patients with sports injuries will find this textbook to be an invaluable comprehensive and up to date reference **Sports Biomechanics** Roger Bartlett, 1999 Students who are studying biomechanics in years two and three of their degree and postgraduate students of biomechanics will find this textbook invaluable **Biomechanics of Sport and Exercise** Peter M. McGinnis, 2020-01-10 A standout among introductory biomechanics texts *Biomechanics of Sport and Exercise Fourth Edition With Web Resource* takes a unique approach to introducing exercise and sport biomechanics Using simple terms the book presents mechanics before functional anatomy helping students first understand external forces and their effects on motion then explores how the musculoskeletal system responds and generates its own internal forces to maintain position and finally shows how to apply biomechanical principles to analyze movement and ultimately improve performance The fourth edition expands its commitment to enabling students to discover the principles of biomechanics through observation Easy to understand experiments are presented for students to try in the classroom or on their own Sample problem sidebars guide students through choosing the appropriate equation to determine the forces acting or motion occurring in a specific scenario and then helps them solve the equation This practical approach combining clear illustrations sample calculations and encouragement for active learning helps students develop a deeper understanding of the underlying mechanical concepts In addition to careful updates throughout the book other new enhancements in the fourth edition include the following New content explores the technologies and devices available to coaches athletes and the general public to measure aspects of athletes movements New full color art and diagrams enhance the text and help students visualize mechanics in real world scenarios Explanations of the equations used in the text make the content more accessible to students New concept application boxes provide deeper analysis of the field use of biomechanics with topics such as the Magnus effect in baseball pitching the wetsuit effect in triathlons power output in cycling centripetal acceleration when running a curve and the work energy principles in modern shot putting Other learning aids include bold key terms chapter objectives and a guide to key equations and abbreviations The chapters include a total of 18 sample problems that students can solve using a step by step process A companion web resource offers additional review questions and problem sets *Biomechanics of Sport and Exercise Fourth Edition* introduces the biomechanics of human movement in a clear and concise manner while promoting an active

engaged learning experience Students will discover the principles of mechanics for themselves resulting in a strong understanding of the subject matter

Sports Biomechanics Melanie Bussey, 2002-09-11 This advanced text is the companion volume to Introduction to Sports Biomechanics also written by Roger Bartlett Focussing on third year undergraduate and postgraduate topics the text explores sports injury in relation to biomechanics Part One presents a detailed examination of sports injury including the properties of biological materials mechanisms of injury occurrence risk reduction and the estimation of forces in biological structures Part Two concentrates on the biomechanical enhancement of sports performance and covers in detail the analysis of sports technique statistical and mathematical modelling of sports movements and the feedback of results to improve performance Each chapter feature an introduction summary references example exercises and suggestions for further reading making this an invaluable textbook for students who wish to specialize in sports biomechanics or sports injury and rehabilitation

Foundations of Exercise Science Gary Kamen, 2001 This entry level text provides an overview of the human movement sciences combining basic science principles with applications in exercise science Topics covered include physiology of exercise sports medicine prevention and rehabilitation

The IOC Manual of Sports Injuries Roald Bahr, Lars Engebretsen, Robert Laprade, Paul McCrory, Willem Meeuwisse, 2012-06-12 Created in collaboration with the Medical Commission of the International Olympic Committee this exciting new book is a must have tool for all those involved in assessing and treating the active individual with injuries sustained in sports and physical activity from primary care and ER physicians to general physical therapists athletic trainers nurse practitioners and physician s assistants Written and edited by an international cast of world leading experts the book embraces a problem oriented approach to guide the reader through the assessment and management of injuries in physical activity Covering the various body regions and distinguishing between common and rarer injuries the book follows a trajectory from history taking and physical examination to diagnosis and treatment providing clear and actionable guidance on management of the most common injuries and disorders Over 500 beautiful full color illustrations augment the text showing readers detailed views of the techniques procedures and other clinically relevant information being described Over the course of the last decade there have been significant developments in our understanding of sports injuries what they are how they should be assessed and how they should be treated The IOC Manual of Sports Injuries distills these advances into straightforward practical guidance that clinicians can count on to optimize their care of the physically active patient

Rehabilitation of Sports Injuries Walter R. Frontera, 2008-04-15 Rehabilitation is by definition the restoration of optimal form and function for an athlete In this edition in the Encyclopedia series the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs alongside therapeutic measures such as anti inflammatories and other pain killing agents This might also begin before or immediately after surgery The rehabilitative process is therefore managed by a multi disciplinary team including physicians physiotherapists psychologists nutritionists and athletic trainers amongst others This

book considers the three phases of rehabilitation pain relief protection of the affected area and limitation of tissue damage limitation of impairment and recovery of flexibility strength endurance balance and co ordination and finally the start of conditioning to return to training and competition

Pediatric Rehabilitation, Fifth Edition Michael A. Alexander, MD, Michael A. Alexander, Dennis J. Matthews, MD, Kevin P. Murphy, 2015-05-28 Print CourseSmart [Cumulated Index Medicus](#), 1976

Technology Enabled Ergonomic Design N. K. Rana, Aqueel A. Shah, Rauf Iqbal, Vivek Khanzode, 2022-03-01 This volume presents selected papers presented during the 18th International Conference on Humanizing Work and Work Environment HWWE 2020 The book presents research findings on different areas of ergonomics for developing appropriate tools and work environment considering capabilities and limitations of working people for maximum effectiveness on their performance The book is divided into several sections focusing on different ergonomic research activities currently being undertaken at both national and international levels The volume will be of use to researchers practitioners and students working in different fields of ergonomics

A Practical Approach to Musculoskeletal Medicine - E-Book Elaine Atkins, Emily Goodlad, Sharon Chan-Braddock, 2022-10-18 Fully updated to reflect modern research and the latest evidence A Practical Approach to Musculoskeletal Medicine is the only textbook based on the approach developed by Dr James Cyriax that has been recently updated to reflect modern research and the latest evidence It covers the assessment clinical diagnosis and conservative management of common soft tissue lesions The book covers the theory underpinning the principles and practice of musculoskeletal medicine then goes on to discuss anatomy assessment common conditions and their management for each region and provides resources to support the recording of assessment and to enhance safety This book is ideal for postgraduates undertaking courses at the Society of Musculoskeletal Medicine and is highly relevant for undergraduates allied health professionals advanced nurse practitioners and medical practitioners in fact all orthopaedic and musculoskeletal clinicians working in different settings as part of a multi professional team Covers theory of musculoskeletal medicine based on the model developed by Dr James Cyriax supported by the latest evidence Covers pain theory principles of assessment and management histology and biomechanics of the soft tissues and the healing process Provides resources to support the recording of assessments and to enhance safety especially whilst learning the musculoskeletal medicine approach Presents review questions and case scenarios at the end of each chapter to revise key principles of the approach Offers online resources comprising video clips self assessment questions and an image bank Numerous illustrations and photographs support learning Suitable for Society of Musculoskeletal Medicine SOMM postgraduate courses Section on shared decision making and management packages of common musculoskeletal conditions Pain mechanisms including psychosocial assessment and the influence of psychosocial factors on pain and associated disabilities in musculoskeletal practice Updates on tendinopathy soft tissue injury management injection therapy and differential diagnosis More on pharmacology medications and indications for imaging and further investigations More

emphasis on screening biopsychosocial models health comorbidities poly pharmacies lifestyle risk factors medical complexities and masqueraders of other body systems Muscle tables detailing movements prime movers and assistors

Functional Soft Tissue Examination and Treatment by Manual Methods Warren I. Hammer, 2005 This second edition of this very successful book includes chapters written by experts in the methods of manual treatment and provides step by step instructions on how to examine your patient using a logical sequence of passive contractile and special tests and how to relate findings to biomechanical problems and lesions Included are hundreds of diagrams photographs illustrations and summary charts In this second edition chapters from the first edition have been thoroughly revised and updated and new material has been added on Myofascial Release Somatics Post Facilitation Stretch Friction Massage Hypo and Hyperpronation of the Foot Strain and Counter Strain Gait the Extremities and the Spine

Nuclear Medicine and Radiologic Imaging in Sports Injuries Andor W.J.M. Glaudemans, Rudi A.J.O. Dierckx, Jan L.M.A. Gielen, Johannes (Hans) Zwerver, 2015-06-12 This comprehensive book describes in detail how nuclear medicine and radiology can meet the needs of the sports medicine physician by assisting in precise diagnosis clarification of pathophysiology imaging of treatment outcome and monitoring of rehabilitation Individual sections focus on nuclear medicine and radiologic imaging of injuries to the head and face spine chest shoulder elbow and forearm wrist and hand pelvic region knee lower leg ankle and foot The pathophysiology of sports injuries frequently encountered in different regions of the body is described from the perspective of each specialty and the potential diagnostic and management benefits offered by the new hybrid imaging modalities SPECT CT PET CT and PET MRI are explained In addition a range of basic and general issues are addressed including imaging of the injuries characteristic of specific sports It is hoped that this book will promote interdisciplinary awareness and communication and improve the management of injured recreational or elite athletes

Advances in Sports Science and Technology D. Prasanna Balaji, Pinar Dinç Kalayci, Seshadri S. Ramkumar, 2025-04-29 It focused on the strategies challenges and choices in the renaissance of modern sports It brought together scientists sports persons decision makers and executives from across the globe to share research approaches methods and results It analyzed ways for implementing adaptable and observable improvement which have direct impact on sports

International Research in Sports Biomechanics Youlian Hong, 2012-11-12 This edited collection of papers presented at the 18th International Symposium of Biomechanics in Sport highlights cutting edge research material on sports biomechanics from many of the leading international academics in the field The thirty seven chapters presented are divided into nine sections biomechanics of fundamental human movement modelling simulation and optimisation biomechanics of the neuro musculo skeletal system sports injuries orthopaedics and rehabilitation the application of electromyography in movement studies biomechanical analysis of the internal load methods and instrumentation training paediatric and geriatric exercise

Rehabilitation of Musculoskeletal Injuries Peggy A. Houglum, Kristine L. Boyle-Walker, Daniel E. Houglum, 2022-11-17 Rehabilitation of Musculoskeletal Injuries Fifth Edition

With HKPropel Online Video presents foundational concepts that support a thorough understanding of therapeutic interventions and rehabilitative techniques Accompanying video demonstrates challenging or novel rehabilitative techniques
Journal of Sport Rehabilitation ,2000 Core Concepts of Biomechanics Mani Devar,2025-02-20 Core Concepts of Biomechanics offers an insightful and detailed exploration into the foundational principles of biomechanics bridging complex scientific concepts with real world applications Authored by experts this book navigates key topics such as human motion mechanics skeletal and muscular systems and the forces and torques involved in biological movements Written in a clear and accessible style it unveils the intricacies of neuromuscular control gait analysis and biomechanics of various body parts providing a comprehensive understanding of how the body functions and moves Richly illustrated and enhanced with practical case studies Core Concepts of Biomechanics makes challenging biomechanical concepts approachable for both students and professionals Its systematic organization and inclusion of real world applications make it an invaluable resource for those studying kinesiology sports science or rehabilitation Reviews highlight its balanced approach to theory and practice making it useful as both a textbook and reference guide Ideal for academic and practical use the book remains current with the latest research offering a valuable tool for educators and a reliable guide for professionals in sports science rehabilitation and ergonomics **Orthotics, Prosthetics, & Mobility Aids** Ronald L. Gordner,1993

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