

## **Sport Injuries of Grass Root Level Women Football Players and then Improper Management: An Obvious Hindrance to Overall Best Performance at Subsequent Higher-Level Sports Meet**

**Chhewang Dorje\***

*Physiotherapist, Department of Physical and Rehabilitation Medicine, PGIMER, Chandigarh, India*

**\*Corresponding Author:** Chhewang Dorje, Physiotherapist, Department of Physical and Rehabilitation Medicine, PGIMER, Chandigarh, India.

**Received:** July 03, 2020; **Published:** August 29, 2020

As we all are aware that participation in sport and sport related activities are increasing each passing year in educational institutions, so as the injury rates. The level of school sport is the foundation of any competitive sport of any country at international level. Basic requirement to the foundation building of any sport is the sport related infrastructures and medical facilities to counter the ill effects of sport injuries.

Three female football players age ranging from 17 to 19 years, from different schools in Chandigarh visited Physiotherapy OPD in 2019. One player was suffering from medial meniscus tear of right knee for last three years. Since then she was on and off the ground. She did not have proper medical care and guidance i.e. a good consultation from a sport physician, sport physiotherapist, an orthopedic surgeon.

Second player was suffering from left sided ankle instability following ankle sprain (middle calcaneofibular ligament) she had sustained a year before. This player also did not get the proper education regarding ankle sprain and its proper management resulting in ankle instability.

The third player was suffering from patello femoral pain syndrome (PFPS) of b/l knee. Right knee affected more than lt. knee. She also did not get the proper management of PFPS.

The best part of all the three female football players were that, they all were elite player of their respective teams at school level competitions. And the worst part was that, all the three players could not participate in the main important competitive games of their respective teams affecting team's overall performance. All the three players also could not participate in the inter-university trials thereby affecting their chances of playing at national level competitions.

These three players could be the future of Indian women football sport at higher level of competitions but sadly they also fall prey to the poor infrastructures, poor awareness, resulting injuries, poor and delayed injury management strategies. So, to ensure better results in India at international level sports, one has to give equal importance to all sports besides cricket alone, specially to grass root level sports [1-6].

### **Bibliography**

1. Sharma P, *et al.* "Sports injuries in children". *Trauma* 5 (2003): 245-259.
2. Shephard RJ. "Physical activity and the child". *Sports Medicine* 1.3 (1984): 205-233.

---

**Citation:** Chhewang Dorje. "Sport Injuries of Grass Root Level Women Football Players and then Improper Management: An Obvious Hindrance to Overall Best Performance at Subsequent Higher-Level Sports Meet". *EC Orthopaedics* 11.9 (2020): 01-02.

3. Backous DD., *et al.* "Soccer injuries and their relation to physical maturity". *The American Journal of Diseases of Children* 142 (1988): 839-842.
4. De Loes M. "Medical treatment and cost of sport-related injuries in a total population". *International Journal of Sports Medicine* 11.1 (1990): 66-72.
5. Sen J and Sensharma S. "Activity profile of Indian college students". *International Journal of Applied Sports Science* 16 (2004): 13-21.
6. Dorje C., *et al.* "Sports injury pattern in school going children in union territory of Chandigarh". *Journal of Clinical Orthopaedics and Trauma* 7 (2014): 1-6.

**Volume 11 Issue 9 September 2020**

**©All rights reserved by Chhewang Dorje.**