



Naval Support Activity Monterey / Naval Postgraduate School



SAFETY GRAM

29 September 2014

BASKETBALL SAFETY

BACKGROUND

Basketball is a highly demanding and competitive sport. Therefore, it is highly stressful to the body, and often leads to injuries related to overuse or contact with the floor or another player. On average almost half of the players on a basketball team during the course of a season experience injury, and in some cases multiple ones.

According to the U.S. Consumer Product Safety Commission, approximately 480,000 basketball-related injuries are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers, and hospital emergency rooms a year.

With March Madness fast approaching, it is a popular time of year to seek out friendly competition on the local basketball courts.

Here a few important things to keep in mind when you take the court:



- Outdoor courts should be free of rocks, holes, and other hazards. Inside courts should be clean, free of debris, and have good traction.
- When playing outside, environmental conditions must be considered. Players should avoid playing in extreme weather or on courts that are not properly lighted in the evening.
- Baskets and boundary lines should not be too close to walls, bleachers, water fountains, or other structures. Goals, as well as the walls behind them, should be padded.
- Always take time to warm up and stretch. Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling or running or walking in place for 3 to 5 minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- Be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, or minor tendonitis, strains, or sprains.
- Be prepared for emergency situations and have a plan to reach medical personnel to treat injuries such as concussions, dislocations, elbow contusions, wrist or finger sprains, and fractures.



Naval Support Activity Monterey / Naval Postgraduate School



SAFETY GRAM

29 September 2014

BASKETBALL SAFETY

Simple Precautions Prevent Injuries

- Select basketball shoes that fit snugly, offer support, and are non-skid.
- Cotton socks can absorb perspiration and also give added support to the foot.
- Ankle supports can reduce the incidence of ankle sprains
- Protective knee and elbow pads will protect you from bruises and abrasions.
- Use a mouth guard to protect your teeth and mouth.
- If you wear glasses, use safety glasses or glass guards protect your eyes.
- Do not wear jewelry or chew gum during practice or games.
- Play only your position and know where other players are on the court to reduce the chance of collisions.
- Don't hold, block, push, charge, or trip opponents.
- Use proper techniques for passing and scoring.



Regular Exercise is the Best Way to Prepare Yourself to Take the Court

In approaching the design for a basketball strength and conditioning program, it is essential to know the common injuries, and how to reduce risk. The greatest number of injuries involve the knee, whereas the second most common basketball injury is to the ankle. The most common cause of injury is contact with another player, especially in the "key". Injuries occur 3.7 times more often in games than during practice.



The repetitive nature of basketball over the course of a season often results in overuse injuries that are result of continuous strain, breakdown of healthy tissue, and muscular imbalances. Overuse injuries are most common in the lower extremities, and include inflammation, stress fracture, or tendonitis of the knee, patella, lower leg, ankle, heel, or foot.



Naval Support Activity Monterey /
Naval Postgraduate School



SAFETY GRAM

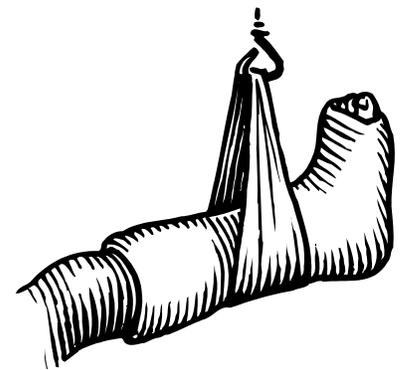
29 September 2014

BASKETBALL SAFETY

IN THE EVENT OF AN INJURY

Patients make up approximately 19 million visits to physicians' offices because of knee problems. It was the most common reason for visiting an orthopedic surgeon.

A common method used to treat mild knee injuries is R.I.C.E., which stands for "rest, ice, compression, and elevation." Rest the knee by staying off it or walking only with crutches. Apply ice to control swelling. Use a compressive elastic bandage applied snugly, but loosely enough so that it does not cause pain. Finally, keep the knee elevated.



The most important advice is to seek treatment as soon as possible, especially if you:

- Hear a popping noise and feel your knee give out at the time of injury
- Have severe pain
- Cannot move the knee
- Begin limping
- Have swelling at the injury site