

Tips To Prevent Basketball Injuries



Dr. Cole

Each year, more than 1.6 million basketball-related injuries are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms.

Midwest Orthopaedics at Rush offers the following tips to prevent basketball 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.
- 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.
- Use a mouth guard to protect your teeth and mouth.
- If you wear glasses, use safety glasses or glass guards to protect your eyes.
- Do not wear jewelry or chew gum during practice or games.
- 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.
- 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.

