[Name of the Writer]

[Name of Instructor]

[Prevention and Care of Athletic Injuries]

[Date]

Observation report

Every sport has the risk of injuries involved, and not a single individual would like getting injured during sports competition. Injuries in sport require individuals to sit out or not to be able to play at hundred percent. I Realized the importance of preventing sports injuries when I got injured for the first time during sport. In Bakersfield's college, I learned how to avoid and take care of those injuries which occur during competition. The training facility has coaches and experts who taught me how to prevent those injuries. The facility has certified and professional trainers who diagnose, prevent and treat sports injuries. There is a significant difference between athletic and personal trainers because both have different education, job duties, and skillset. It doesn’t matter who is playing in the field there is always a chance of getting injured, and every athlete needs this facility to prevent and take care of sports injuries.

 Many athletes join the training facility they want to gain the advantages of increased flexibility, speed and build muscles. The athletic training facility is different from a personal training facility. In athletic training a person learns how to take care and prevent sports injuries so this was the reason I joined the Bakersfield college training facility to play safely in the field. This facility has highly trained professional from the field of medicine. I learned about several types of sports injuries, but the most common injuries are strains and sprains. The injuries to ligaments of the bone are known as sprains and are occurred when these ligaments are deformed or torn. When muscle fibers or tendons are pulled or injured, then those injuries are called strains. In training facility, I learned that proper balance, flexibility, and strength are essential to prevent ankle sprains because if one doesn't have these characteristics, he should wear an ankle brace or tape his ankle. I learned proper exercises of stretching and maintaining balance in that training facility. Strengthening the muscles around ankles were also the part of training which helped me to learn how to take care of ankles and prevent those injuries. Wearing arm braces are essential for the people having ankle injuries or weak ligaments. I learned about all types of injuries at this facility.

 The ankle taping technique is one of the critical skill every skilled trainers or expert have. According to the trainers “standard basket weave” is the most suitable tape for ankle sprains. Before taping ankles the skin of individual should be clean, dry and free from oil or lotion so that the tape doesn’t stick to the ankle. The materials required for taping are pre-wraps, tape adherents, inch, and a half athletic tape and heel pads. The training facility helped me learn the overall step by step procedure of taping. Begin with the athlete’s ankle supported off the end of a table or other support. Have them maintain neutral position throughout the taping procedure. The first step of the process includes spraying on the ankle. To prevent blisters, one should apply lace pads to the back and front. To protect the skin from irritation pre wraps are applied to the surface. The ankle should be pulled outward during the process to prevent inversion. They are applying lace and heel pads to the back and front of the ankles so that it doesn't cause any blisters.

The uncomfortable feeling for athletes is when swelling occurs in ankles and feet. It prevents athletes to move with a required level of speed freely. As I learned that swelling occurs when the lower part of the body has retained a more considerable amount of fluids. Swelling can be on one side of the body or both. Experts have taught me several ways to take care of swollen ankles. One can buy compression sock which helps to prevent the collection of fluid in ankles, feet, and legs. Body weight should be maintained because it is also one of the reasons for swollen ankles. I learned different exercises, yoga poses and diet plans which could benefit me in the future when specific problems occur. The issue of swelling decrease productivity of the athletes and makes it hard for them to move correctly. These problems take proper care and medication which I learned at this facility.

Knees are the complicated part of the human body. Moving like a door hinge and makes a person able to run, jump and squat. There are four components of knees known as bones, ligaments, cartilage, and tendons. Knees injuries are prevalent in the sports field. Despite the improvements in athletic equipment, rules and conditions of the sport these injuries have occurred in the career of many athletes. As I learned when these injuries occur one should stop playing a game for a while taking proper treatment and medication to avoid further damage. If the doctors have prescribed to continue the exercise for knee injuries, then athletes should practice strengthening and stretching exercises which were also taught at the training facility. To curb the swelling and pain ice cubes can be used for three to four days after injury. Those athletes have problems with knees wear knee braces to avoid pain and damage.

 Athletic activities also include shoulder injuries. These injuries have even occurred in careers of athletes mostly in training routines which are intensive and repetitive. Shoulder injuries can be severe when there is a problem raising arm or swelling then the athlete should see a doctor in that case. To prevent these injuries I learned the right ways of exercises and proper diet plans to maintain good physical shape. In contact or collision sports have higher risks of abdominal injuries and are very common these days. Sometimes it causes harm to the abdominal wall or can cause damage to the liver. When the problem is severe, it requires surgeries. I also learned a few pieces of training at this facility which could help me protect myself from these injuries during sport.

Athletic trainers must share all the variety of knowledge with athletes and teach them how to prevent sports injuries. The trainers in the Baker college facility were highly trained and showed me a range of experience which helped me prevent sports injuries. They educated me about the injuries and made me able to return to the playing field. The trained me with all those exercises having benefit for the recovery as well as in the playing field. The staff of Bakersfield college is rained for initial care and assessment of not only minor injuries but also have enough experience about significant injuries. Their job as a licensed athletic trainer includes rehabilitation, prevention and the need for a referral. A licensed athletic trainer's job doesn't stop there. It provides injury prevention, rehabilitation, and knowing when a referral is necessary. Bakersfield athletic training facility has all the certified trainers who assisted me on and off the field. Proper care of the injuries that occur and how to prevent those injuries were the things I learned at this facility. These trainers helped me to learn those skills which could further benefit me in the future. With these skills, I can guide other students in the facility and take care of other athletes when they are in need.