

Dr karanjeet Singh
Member Medical Commission ASBC
Member Medical Commission BFI
Doctor Elite men Boxing Team



- Boxing is the sport that is associated with element of risk.
- There are several types of injury that are peculiar to pugilism.
- 100% athletes got injured in their carrier at some stage.
- It is of prime importance of team (Trainer/Coach & Support Staff) working with athlete to care of everything that's make him to reach at Maximum level without injury.
- Look in all the aspect other than training for prevention of injury.

- “Never Walk Alone”
- For this we should have qualified team.
- Players are designed for sports, they have talent, Mechanics, Brain and should have enough Luck not to get injured.

COMMON INJURIES IN BOXING



Head Injury (Acute Brain Injury)

- Concussion
- Sub Dural Hematoma
- Brain Bruise

Face

- Cuts
- Bruise
- Nasal Injury

Upper Limb

- Shoulder Dislocation
- Rotator Cuff Strain
- Elbow
- Wrist and Hand Injury (boxer knuckles, #, Sprains)
- Sprain & Strains

Back injury

- Upper Back
- Lower back

Lower Limb

- Hip Joint
- Knee Joint (MCL, LCL, ACL, PCL, Meniscus Injuries, Bursitis)
- Ankle Joint (sprain & Strains, Achilles Tendinopathy)
- Strains of Muscles

Acute Brain Injury

- Concussion
- Subdural hematoma
- Cerebral contusion



Symptoms

- Headache
- Nausea
- Vomiting
- Visual disturbance
- Confusion
- Balance issues
- Gait abnormalities
- Loss of consciousness

Facial Injuries

- Cuts
- Bruise
- Tooth & Labial Injury
- Nasal Injuries-

Nose Bleed

Nasal Bone fracture

Septal Deviation

Cuts



A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T



1 2 3 4 5 6 7 8





- Nasal Fracture and Dislocation



Nasal Bleeding (Most Common)



Upper Limb

- Shoulder Dislocation
- Rotator Cuff Strain
- Elbow
- Wrist and Hand Injury (boxer knuckles, #, Sprains Bossing)
- Sprain & Strains

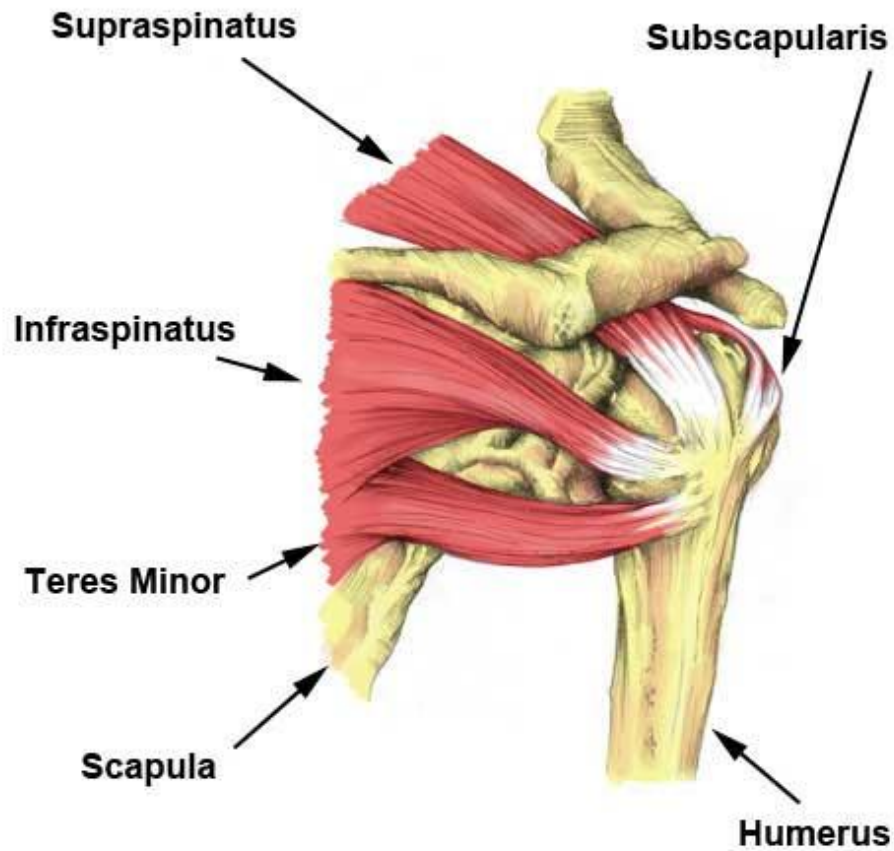


gettyimages

25 YEARS

Matt King

Rotator cuff Strain



Muscle Strain





Boxer Knuckle
Sprain
Bennett's #
Boxer #
Bossing







Back Injuries



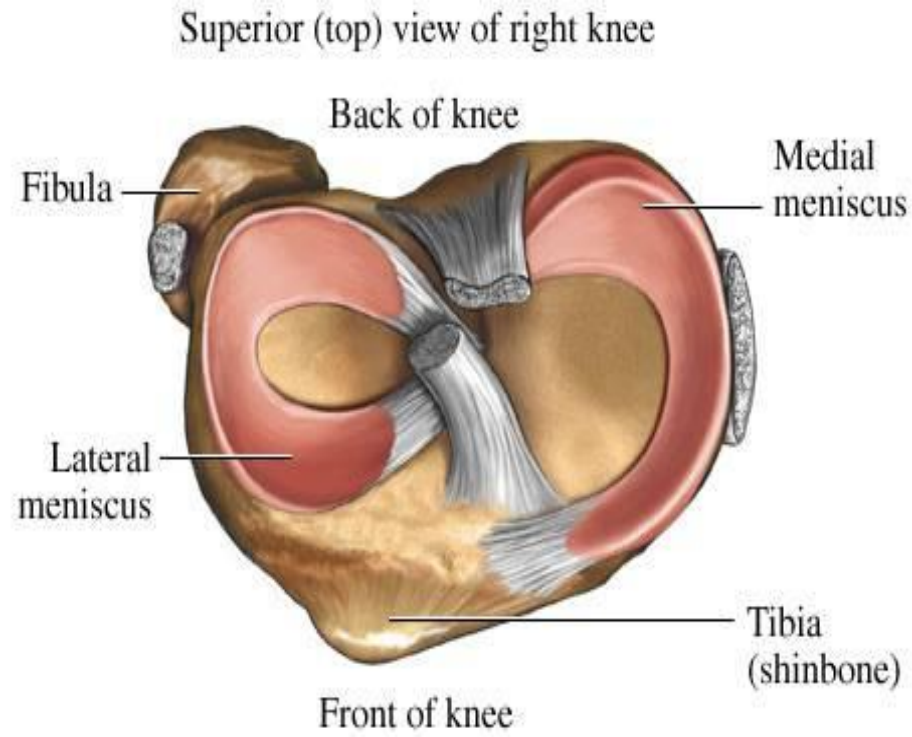
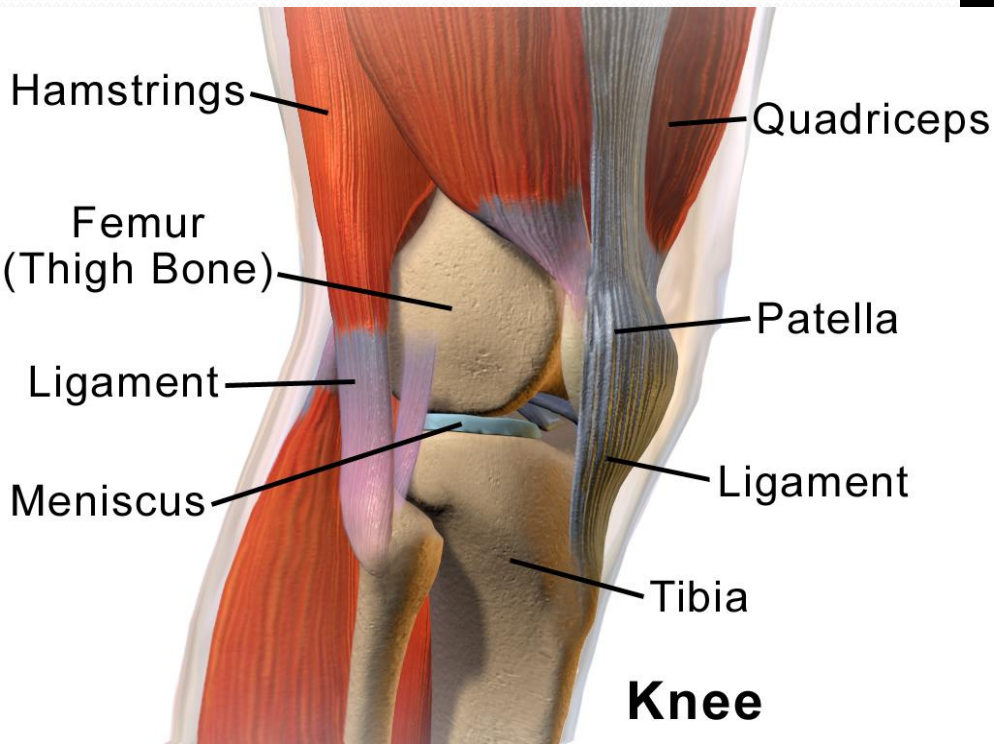
**Most common is
Muscle strain but
injury to vertebra is
also common**



Lower limb injuries



ACL, PCL, MCL, LCL, Meniscus Injury, Bursitis & Tendonitis



A

N

K

L

E



Ankle Joint (sprain & Strains, Achilles Tendinopathy)



Goal & Approach

- Restore the Injured boxer
- Return boxer to sport participation in safe and timely manner.

- Reduction of the Pain & Swelling
- Restoration of joint mobility & range of motion
- Recovery of Muscle strength and Endurance
- Recovery of coordination and sports specific tech.

Treatment

- PRICE

- P – Protection to avoid further injury to the area by Bandages, Splints, Sling, Protective Tapes, & Brace
- R – Rest, this allow the body's own healing process naturally without being impeded by thereof injured area. e.g lower limb clutches.
- I- ice, to cause local vasoconstriction for 20 min after every 2 hrs
- C – compression, wrap should be applied to decrease the swelling. No of wraps are available of different size.
- E – Elevation, to reduce the amount of blood flow.

Medical part to be deal by Doctor depending upon the nature of injury.

- REHABILITATION

- The success of rehabilitation depends upon introducing the most effective intervention at the right time in an adequate dosage.
- Exercise prescription, progress & supervision is often performed by Doctor, physiotherapist & Trainer/Coach.

SUMMARY

- Injury is part of the game, No one stop it but can be avoid by proper --
- Warm up & cool down
- Stretching & Physical conditioning
- Proper rest & Recovery
- Good Nutritious Diet & Hydration
- Fair Play
- And finally –coaches should understand plan & appreciate the functional milestones.

Thanks to Nitin (video analyst)





Thanks
Dr karanjeet Singh
Sports Physician