



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 37-43
© 2020 IJPESH
www.kheljournal.com
Received: 10-05-2020
Accepted: 12-06-2020

Dr. Yallappa M
(M.P. Ed, K-SET, N.I.S, Ph.D.)
National kabaddi player, guest
faculty, University college of
physical Education, Bangalore
University, Bangalore,
Karnataka, India

A study on common injuries of Kabaddi players

Dr. Yallappa M

Abstract

The purpose of this article is to review current research on importance of biomechanics in preventing sports injuries and to present biomechanics applications related to Kabaddi technique, Kabaddi play and concepts of injury prevention. Improvement of technique with the help of biomechanics can be used by physical education directors and coaches to correct motions of players. Moreover, research workers in the field of biomechanics may develop a new and more effective techniques for better execution of a sport motion. Some important aspects related to common injuries during Kabaddi playing and their prevention with the help of biomechanics is discussed. Conclusions are drawn based on the qualitative analysis.

Keywords: Sports injuries, Biomechanics, Kabaddi, injury prevention

Introduction

Kabaddi is a traditional outdoor game played with minor variations in all regions of India - in fact, in most parts of Asia. It is an ancient backyard and home grown game. Kabaddi requires tremendous physical stamina, agility, individual proficiency, neuromuscular coordination, lung capacity, quick reflexes, intelligence and presence of mind on the part of both attackers and defenders.

Modern Kabaddi is a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics. The game was introduced in the Indian Olympic Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation came into existence and compiled standard rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. After formation of the Amateur Kabaddi Federation of India, the first men's nationals were held in Madras (renamed Chennai), while the women's were in Calcutta in 1955. Kabaddi was introduced and popularized in Japan in 1979. Kabaddi is basically an outdoor and indoor team game, played in the tropical countries of Asia. The excitement and thrill provided by the game has made it very popular and Kabaddi is rightly called the 'Game of the masses', since spectators totally involve themselves and give the players a great deal of encouragement. The game requires no equipment whatsoever, and the rules of the game are very easy to comprehend. This is the reason for the popularity of the game in rural areas, since rural youth in India can ill-afford the sophisticated equipment demanded by other sports.

In the international team version of kabaddi, two teams of seven members each occupy opposite halves of a court of 10 by 13 metres (33 ft × 43 ft) in case of men and 8 by 12 metres (26 ft × 39 ft) in case of women. Each has five supplementary players held in reserve (in other words, for substitution). The game is played with 20-minute halves with a 5-minute half break in which the teams exchange sides. During each play, known as a "raid", a player from the attacking side, known as the "raider", runs into the opposing team's side of the court and attempts to tag as many of the seven defending players as possible. For a raid to be eligible for points, the raider must cross the baulk line into the defending team's territory, and then return to their half of the field without being tackled. (If an attacker touches a defender and hasn't yet reached the baulk line, they don't need to reach the baulk line to score points and may return to their half of the court.) While raiding, the raider must loudly chant *kabaddi*, confirming to referees that their raid is done on a single breath without inhaling. A 30-second limit is also enforced on each raid. A point is scored for each defender tagged.

Corresponding Author:
Dr. Yallappa M
(M.P. Ed, K-SET, N.I.S, Ph.D.)
National kabaddi player, guest
faculty, University college of
physical Education, Bangalore
University, Bangalore,
Karnataka, India

If the raider steps beyond the bonus line marked in the defending team's territory, they earn an additional point known as a bonus point. If the raider is successfully stopped (tackled), the opposite team earns a point instead. All players tagged are taken out of the game, but one is "revived" for each point a team scores from a subsequent tag or tackle. Bonus points do not revive players. Players who step out of the boundary are out. A raid where no points are scored by the raider is referred to as an "empty raid". By contrast, a play where the raider scores three or more points is referred to as a "super raid". If a team gets all seven players on the opposing team out at once ("All Out"), they earn two additional points and the players are placed back in the game.

Additional rules are used in the Pro Kabaddi League: if a team has two empty raids in a row, the next raider must score a point, because the next raid is a "do-or-die" raid. In this raid, the player must either get a point or be out. If the raider does not get a point, then the opposite team will get a point and the raider will be declared out. Additionally, when fewer than four players left on the field, tackles are worth 2 points ("super tackle").

Today all over the world physical Educators and Coaches are facing their greatest challenge in handling problems in scientific way i.e. to give their sportsmen proper and progressive guide-lines based on scientific approach which leads to desired results. Since, both physical and physiological have been recognized as one of the best means of underlying sportsman's performance and of helping in producing better performance. The physical educators, coaches and sportsmen an understanding of physical character and the physiology of exercise to becoming increasingly important, when everyone's understanding grows the trial error methods and application of guessing becomes less than adequate in preparing high level sportsman for competition.

Biomechanics is a tool to understand human movement that can be applied to enhance player performance and prevent injury. Sports biomechanics is a diverse interdisciplinary field, with branches in Physical Anthropology, Orthopaedics, Bioengineering and Human Performance. The general role of Sports Biomechanics is to understand the mechanical cause-effect relationships that determine the motions of sportsmen in particular. Sports biomechanics contributes to the description, explanation, and prediction of the mechanical aspects of human exercise, sport and play. Sports biomechanics applies the laws of mechanics and physics to human performance, in order to gain a greater understanding of performance in Kabaddi play through modeling, simulation and measurement. The sports performance realms include the conventional areas of sports and exercise, and also field of fundamental motor skills and other highly specialized human movements. It is necessary to have a good understanding of the application of physics to sport, as physical principles such as motion, resistance, momentum and friction play a part in most sporting events. The scientific field of sports biomechanics sets out to generate and distribute knowledge to improve human performance and reduce the incidence of injury. The emphasis is on the practical implications and applications of research, it seeks to benefit practitioners, especially scientists, coaches, clinicians, teachers, and participants. a complete understanding of injury causation needs to address the multifactorial nature of sports injuries.

Common Injuries in Kabaddi

Kabaddi is a high impact sport with highly fit players to take on the extremely physical nature. It has its fair share of

injuries, due to the constant contact of the players and the rough playing mat.

- **ACL Tear**
The sudden movement like stopping, bending, twisting etc., brings out the chances for ACL tear leading to excruciating knee pain with swelling and tenderness.
- **Ankle Sprains**
Ligament injury surrounding the ankle occurs from an awkward landing or stepping on an uneven ground with overstretching of the ligaments causing them to be partially or completely torn.
- **Ankle Fractures**
Ankles are prone to fracture because of lots of ankle twisting, ankle hold, and constant jumping where the entire bodyweight is concentrated on the ankle.
- **Strains**
Being a contact sport with lots of pushing, pulling, jumping and twisting actions and repetitive actions, brings strains on body parts. The symptoms include, muscle spasms, swelling and cramping.

Calf Muscle Injuries

The calf muscle when overstretched tears the muscle tissue. This is called Calf strain and they are classified as degrees depending on the severity of the strain.

- First degree is damage to a few muscle fibers.
- Second Degree is damage to more number of muscle fibers.
- Third Degree is complete rupture of the muscle.
- Head and Facial injuries

Continuous contact between players and the hard mat leads to

- Minor cuts and bruises
- Facial fractures
- Penetrating eye injuries
- Broken teeth
- Concussions that brings headaches, concentration problems and fatigue.

Sports injuries are becoming more prevalent in many field sports around the world. The most affected sports are Boxing, Judo, Rugby Football, Soccer, Kabaddi, Wrestling and other contacted Sports event. Kabaddi game is very fast, rough and tough. Body Injuries are very common in it. Like many other sports, Kabaddi is a vigorous body contact game. Nature of Individual defence and group offence of the sport makes Kabaddi players prone to many types of injuries and also Kabaddi being a contact game and because of its powerful nature, many body parts get prone to injuries.

Kabaddi players are subjected to injuries during training as well as during competition. Occurrence of injuries is an occupational hazard in Kabaddi game. Stress injuries account maximum four percentages of injuries which an athlete encounters. Wrong technique, mishap or overload are some of the factor responsible for these injuries. Injuries can be studied from many angles as from training point of view, medical view point, physical and physiology fitness or from mechanical view point. Knee injury is the most common type of injury sustained by both "Raiders" and "Stoppers/Defenders". Sudden turning and twisting movements are required by a Raider to free him/her from the stoppers. Thirty seconds of time limit for a raid also creates a pressure to reach the home court within allotted time in case of a raider and to keep the raider in his/her home court for a

stopper. Quick reflexive actions that come into play during this time period make knees highly vulnerable to injuries. The most common part of the knee to get injured in Kabaddi is the ligaments.

When a Raider tries to evade the defender/s, sudden start and stop movements are bound to occur. These quick and reflexive movements of starting, stopping, bending, twisting and changing direction exert extreme force on the knee resulting in injuries to the ligaments. Injury to the ligament is termed as a "Torn Ligament" also commonly called a "Sprain". Ligament that is most effected by sudden movements in Kabaddi is the Anterior Cruciate Ligament (ACL). However other ligaments can also be injured. Sudden stopping and changing direction to evade or catch the opponent player causes tremendous amount of stress on the knee. These movements create powerful contraction in quadriceps and hamstring muscles leading to a tear in the meniscus leading to the onset of excruciating acute knee pain. This type of injury is characterized by swelling and tenderness to the knee.

Ankle Sprain: Injury to the ligaments (tissue that connects bones to bones) is called a sprain. This type of injury is very common in Kabaddi. Sudden movements of a raider to escape or evade a stopper, a raider turning back after tagging the opponent(s) can sometimes result in twisting movements. Moreover, Kabaddi is a rural game. Most of the tournaments and championships are held on uneven grounds. An awkward step or landing on an uneven surface result in overstretching of the ligaments thus causing them to be partially or completely torn.

Ankle Strain: Kabaddi is a contact sport and involves lot of pushing, pulling, jumping and twisting actions. These types of sporting actions are a leading cause of strains. Repetitive use of certain body parts makes them even more prone to these types of injuries. A strain is characterized by the onset of symptoms such as severe pain (in case of an acute strain), Muscles spasms, Swelling and cramping. Ankle Fracture: Due to the contact nature of the game, ankles are very prone to fractures. While playing Kabaddi, there are many instances that can lead to a fractured ankle. After tagging an opponent(s), a raider sometimes makes a sharp "U" turn towards his/her home court. This action can lead to twisting of the ankle side to side. Uneven grounds also account for many such injuries. Secondly, in an effort to stop the raider from returning back to his/her home court, a stopper/ante tries to immobilize one or both lower limbs by performing the "ankle hold". During this the raider rolls to the sides and often does the jerking action to free him/her from the hold. Thirdly, jumping is very common in National Style Kabaddi. This is required to evade being caught by ante players. If a raider is successful in evading ante players by jumping, his/her landing can cause extreme force on the ankle joint. Body's entire weight along with the force of the fall causes trauma to the ankle and results in a fracture.

Calf Muscle Injuries

A Calf muscle injury is common in Kabaddi Game. Calf

injuries are sometimes known as a 'pulled Calf'. The term 'pulled muscle' comes from the description of how the injury takes place. Usually the Calf muscle is forcibly stretched beyond its limits and the muscle tissue becomes torn. A tear in the Calf muscle is referred to as a Calf strain and depending on its severity it is classified as a first, second or third degree strain:

- A first degree strain is damage to a few muscle fibres.
- A second degree strain is damage to a more extensive number of muscle fibres.
- A third degree strain is a complete rupture of the muscle itself.

The Calf muscle group consists of the Gastrocnemius, Soleus and Plantar is muscles, situated at the back of the lower leg. The function of the Calf muscles is to pull up on the heel bone during the 'push-off' phase of walking and running.

Causes

Kabaddi players are prone to injury at the different stages of the game, like:

When the defenders try to stop the raider from getting back to his base, by holding on to his ankle *or leg*:

- Ligament or muscle sprain due to traction injury to ankle or knee
- Twisting, falling and landing on head or back while trying to escape from defenders.
- Rotation of knee or ankle leads to injury of crucial ligaments.

When defenders tackle by diving on the raider before he reaches the midline, which can lead to:

- Fracture of wrist, elbow, arms or shoulder or sometimes just a joint sprain or muscle strain.
- Falling of a heavier opponent on a body part
- Raider's Toe Touch manoeuvre, to reach the midline using his toe, causes legs overstretching straining the thigh muscles.
- Falling on out stretched arm by the raider while trying to touch the midline cause dislocations.
- The raiders push defenders back during defence, causing a back concussion or knee injury.
- Defender sustains face cuts or bruises or dental injuries when raider's kicks trying to escape the defenders.

In kabaddi The 5 most injury-prone areas of the body, and how to protect them

Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to ra...

Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to raid the enemy's territory, and the defenders have try to stop the raider from getting back to the midline by any means necessary – often involving physical violence. When it comes to injuries, there are certain parts of the body that are more susceptible than others, and demand extra care. Here are those injury-prone areas:

The knee



Fig 1: The knee is the most frequently injured part of a kabaddi player's body

The knee joint is the most commonly injured body part in kabaddi; an injury to the knee can occur at almost every stage as the events unfold in the game. The knee joint is fragile and is vulnerable to damage too; the raider can easily injure it while twisting around a defender or when the defender holds him by his knees in a tackling bid.

The different kinds of knee injuries that happen in the sport of kabaddi are:

- Dislocation
- Ligament sprains
- Cartilage tears

The best way to avoid a knee injury is to ensure that the playing surface is not too hard. Flexibility exercises for the knee should also be undertaken regularly to mitigate the risks.

- Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to ra...



Fig 2: The Ankle is one of the most injury prone joints in kabaddi

The ankle is one of the most injury prone joints in all sports, and kabaddi is no different. The joint is extremely compact with a number of ligaments and bones in a small area, and is highly vulnerable.

In order to stop the raider, the defender often holds on to the raider's ankle with some force in his bid to stop him from going in his own half. The ankle hold is an important weapon for the defenders, and it puts the raiders at incredible threat of injury.

Generally, there are two types of ankle injuries that can happen to the players:

- Ankle sprain
- Ankle fracture

The possibility of suffering an ankle injury can be significantly reduced by avoiding uneven surfaces and wearing supportive footwear. Another precaution is maintaining a healthy and stable weight to reduce pressure on the ankle joint.

Areas of the body, and how to protect them

- Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to ra...



Fig 3: Puneri Paltan's Wazir Singh gets treatment in his shoulder

The shoulder is the third most injury-prone joint in kabaddi. Shoulder injuries are very commonly seen in the sport, and are generally caused if a player suffers a heavy fall.

There are 3 major injuries that can affect the shoulder:

- Broken collarbone
- Dislocated shoulder
- Rotator cuff injury

In kabaddi, fractures are often caused when a player falls on his hand; the pressure then rises up the arm and impacts the collarbone. In some severe cases the bone may protrude through the skin.

To avoid a shoulder injury, players should be trained to roll over while falling down as that may reduce the impact on the joint. An even playing surface would also work wonders in preventing shoulder injuries to the kabaddi players.

Areas of the body, and how to protect them

- Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to ra...

The wrist



Fig 4: Action from the Pro Kabaddi League

The defender can only hold on to the limbs of the onrushing raider while attempting a tackle, which can easily result in an injury to the wrist.

The wrist is one of the most fragile parts of the body and can be fractured by any awkward movement. Sometimes the defenders step on to the raider's wrist intentionally in order to prevent them from going any further, and that is an obvious recipe for disaster.

Patna Pirates stand-in captain Sandeep Narwal injured his hand during one of the matches and had to get it heavily strapped to continue playing. An injury to the wrist is usually treated with ice and medication or a pain relief spray to control the pain and reduce the swelling.

- Kabaddi is, quite visibly, a sport with very high chances of injury. It is a contact sport in every sense of the term, where one team member has to ra...



Fig 5: Patna Pirates Sunil Kumar suffered from a facial injury

The most painful of all injuries that can happen in the sport of kabaddi are the facial and head injuries. A lot of times the raiders make audacious attempts to tag a defender, through maneuvers such as the back kick or high kick. These moves can have a direct impact on the face of a defender, which can easily result in a cut or a broken nose.

The raiders also face a high risk while coming back into their own half. They can easily fall on the surface under a challenge from the defenders and injure their face or get a concussion in the process.

Patna Pirates' Sunil Kumar suffered a facial injury in this season of the Pro Kabaddi, which forced him to withdraw mid-game. He returned for the next game with his eyebrow fully patched up, but there was no doubt in anyone's mind how serious a facial injury can be in kabaddi.

To prevent injuries to the head and face, the players need to be cautious with their movements and be aware of their surroundings. Regulations can also be put in place to prohibit players from using too much force when in contact with the head region.

Prevention and Treatment in Kabaddi

It is important to recognize that the causes of injuries in Kabaddi game are usually multifactorial and that a single preventive action or strategy may not be successful in isolation. Rather a combined strategic approach is required to implement a successful sports safety framework that covers all possible situations. Biomechanics has been defined as the study of the movement of living things using the science of mechanics. Mechanics is a branch of physics that is concerned with the description of motion and how forces create motion. Forces acting on living things can create motion, be a healthy stimulus for growth and development, or overload tissues, causing injury. Biomechanics provides conceptual and mathematical tools that are necessary for understanding how living things move and how kinesiology professionals might improve movement or make movement safer. Knee injuries can be prevented by changing body's position with a blend of characteristics such as balance, coordination, speed, reflexes, and strength. It is also very beneficial to adapt certain exercise programs that incorporate exercises to stabilize knee joints. Thigh and calf muscles are large muscles that are under maximum stress during sprinting in Kabaddi. Adapting exercise regimen that strengthens these muscles will provide greater control and reduce the incidence of knee injury.

Kneepads can also be used to provide additional support to the knee especially when coming back from a knee injury. However, they are meant for short term use only. Long-term use of kneepads should be avoided as they start to weaken the knee.

First few hours after the ankle sprain, strain and fracture injury are very crucial. An injured Kabaddi player with a sprained ankle must be provided first aid as soon as possible. It prevents further complications and helps in a reduced healing time. Rest the injured foot after a sprain. Avoid putting any weight in the injured foot. Crutches can be used during this initial period. Ice helps to keep swelling in check. An ice pack can be used however it should not be used for more than 20 minutes. Compression helps in minimizing swelling as well. An Elastoplast bandage can be used for this purpose. Wrap the Elastoplast in a circular motion starting from the bottom of the foot to the upper calf. Do not wrap it tight as it might cut off circulation and cause more damage. Toes getting cold or turning blue is a tell-tale sign of loss of circulation. It should be snug not tight. Kabaddi players can expect up to 2 months for the bone to heal and several more months for the rehabilitation process. Recovery time can vary depending upon the severity of the injury and chances of developing arthritis in the damaged ankle down the road. Resting may be the best approach for calf muscle treatment,

but it is one that is often ignored by Kabaddi players. This is unwise, since it does not take much to turn a grade one Calf muscle strain into a grade two, or a grade two Calf strain into a grade three. As a general rule, depending on type of injury players must be rested from sporting activity for about 3 weeks to 3 months.

Biomechanics principles must be integrated with other kinesiology sciences to solve human movement problems, like in the qualitative analysis a round off and back handspring. Another way biomechanics research improves performance is advances in exercise and conditioning programs. Biomechanical studies of exercise movements and training devices serve to determine the most effective training to improve performance. Biomechanical research on exercises is often compared to research on the sport or activity that is the focus of training. Strength and conditioning professionals can better apply the principle of specificity when biomechanical research is used in the development of exercise programs. Computer-controlled exercise and testing machines are another example of how biomechanics contributes to strength and conditioning. In the next section the application of biomechanics in the medical areas of orthotics and prosthetics will be mentioned in relation to preventing injury, but many prosthetics are now being designed to improve the performance of disabled athletes.

Several basic principles should be kept in mind when evaluating the changes in the biomechanics of the lower extremities as the speed of gait increases. The transverse rotation that accrues in the lower extremity during riding and defence gait has been documented both quantitatively and qualitatively. Qualitative data obtained from high speed motives exhibit that the same basic type of rotation occurs during running, and the rotation seems to be of somewhat greater magnitude than that observed during walking. In a basic biomechanical model that takes tissue properties as well as load characteristics into account, injury results from a transfer of energy to the tissue. The mechanical properties of human tissue, such as stiffness (stress-strain relation) and ultimate strength, govern how the body responds to physical loads. They differ for each tissue and are dependent on the nature and type of load, its rate, the frequency of load repetition, the magnitude of energy transfer, and intrinsic factors such as age, sex, and physical condition. In this model, it is the relation between load and load tolerance that determines the injury outcome of an event. The key point to consider with regard to biomechanical factors is that they must explain how the event either resulted in a mechanical load in excess of that tolerated under normal circumstances or reduced the tolerance levels to a point at which a normal mechanical load cannot be tolerated. McIntosh has recently described a more complex biomechanically focused model of injury causation to account for additional factors that may influence the interplay between load and load tolerance (positively or negatively), such as behaviour/attitudes, training, skills, equipment, coaching, other competitors, and the environment. One of the purposes of this model is to describe how load and load tolerance and hence injury risk can change as a result of changes in such factors through interventions. For example, a helmet will attenuate impact energy, thereby reducing the head impact force, and skills training may enable someone to maintain their balance over the weight bearing knee, thus reducing knee loads in the frontal and transverse planes. Improved fitness may protect the tissue against injury through the effects of training on its material properties, but can also result in higher forces being

applied to the tissue. If a tennis player through strength, fitness, or skill training develops a faster serve, this can result in a higher load on his/ her shoulder, as well as for the opponent.

The common preventive measures to prevent Kabaddi injuries are:

- Medical, musco skeletal and fitness assessment of the player must be done to identify existing weakness and potential injury.
- Playing on an even surface helps prevent most injuries.
- First aid and icing arrangements must be provided during training and matches.
- Player must be tested for leg strength and agility since legwork is an important ability.
- Protection for the skin is advisable to prevent abrasions or cuts during practice and matches.
- A face-mask to prevent the abrasions and nose injuries.
- Elbow and knee protection will help prevent the injuries to these joints.
- Taping the ankle and knee can act like antiseptic to prevent injuries.
- Perform proper warm-ups and cooling down and take adequate rest after matches or training

Fastest Recovery to Peak Performance

Kabaddi is a contact team sport that originated in India. The game is high in agility, strength and extremely demanding sport. Sports professionals of Kabaddi understand that they are prone to certain injuries while playing the sport. Whether you play kabaddi for leisure or as a seasoned professional, you may encounter similar type of injuries which can be minimised with proper conditioning involved in rehabilitation.

Detailed evaluation and Assessment of Kabaddi Professional



Fig 6: Our Focus is Prime Conditioning

At Physio line we can assure you that we can make you reach to your peak performance level in the shortest span of time. Earliest recovery and prime conditioning is our main focus for all Kabaddi professionals. We have different strategies for handling every level of injury as well as for the prevention of those injuries with proper conditioning.

Early Rehabilitation provides optimum Results



Fig 7: Spinal Guidance to the Kabaddi Professional

Stage 1: Pain Management with Healing and Recovery

Stage 2: Strength Training

Stage 3: Peak performance functional training

Stage 4: Conditioning

Conclusion

We started this article by short introduction to Kabaddi and outlining a novel approach to sports biomechanics. The main focus in this paper would be the qualitative analysis of human movement patterns in Kabaddi sport. We defined movements in the sagittal plane and touched on those in the frontal and horizontal planes. We then considered the constraints-led approach to studying human movements, and went on to look at examples of walking, running, jumping and throwing. Finally, we suggest some remedies to prevent injuries during the play.

Some of the suggestions for preventing the injuries are, Warm up prior to matches and training is thought to decrease muscle stretch injuries because the muscle is more extensible when the tissue temperature has been increased by one or two degrees.

Range-of-motion exercises can help maintain normal joint function by increasing and preserving joint mobility and flexibility. In this group of exercises, gently straightening and bending the joints in a controlled manner as far as they comfortably will go can help condition the affected joints

Maintaining good muscle strength and flexibility may help prevent muscle strains. Muscle strength allows a player to carry out match activities in a controlled manner and decreases the uncoordinated movements which can lead to injury. Tight muscles are associated with strains. Stretching is therefore practiced to maintain muscle length and prevent injury.

Diet can have an effect on muscle injuries. If a player's diet is high in carbohydrate in the 48 hours before a match, there will be an adequate supply of the energy that is necessary for muscle contractions. Recovery after training sessions and matches can be enhanced by performing a cool down and stretching exercises.

References

1. Sen, Ronojoy (27 October 2015). Nation at Play: A History of Sport in India. Columbia University Press. ISBN 978-0-231-53993-7.
2. Kabaddi: India Suffer Shock Defeat to Korea - The Times of India - Delhi, 2018-08-21. Retrieved, 2018-08-22.
3. Asian Games: Kings of kabaddi get rude Iranian lesson - Times of India". The Times of India. Retrieved, 2018-08-24.
4. Rules of Kabaddi. International Kabaddi Federation (IKF). Archived from the original on 4 March 2016. Retrieved 26 August, 2014.
5. Kabaddi World Cup 2016: A handy guide to the format, rules and how the sport works". First post. 2016-10-05. Retrieved, 2017-10-29.
6. Kabaddi 101. Raid, defend, revive, repeat. ESPN.com. Retrieved, 2017-10-29.
7. Everything you need to know about Kabaddi. The Indian Express. 2016-01-30. Retrieved 2017-10-29.
8. Kabaddi In India: Origins, success and current pitiable state. Sportskeeda.com. 7 March 2014. Retrieved 17 March, 2015.
9. Kissa 2 Kabaddi da. Sarwan Singh Sangam Publications. ISBN 93-83654-65-1.
10. Roha Raigad all set to host the 66th Senior Nationals Kabaddi. Kabaddi Adda. Retrieved 2019-01-28.
11. Telangana premier kabaddi | Telanganapremierkabaddi.com". Telangana premier kabaddi. com. Retrieved 2018-10-11.
12. Silly Monks buys Telangana Premier Kabaddi League". Kabaddi Adda. Retrieved 2019-01-28.
13. India national kabaddi team
14. Archived copy. Archived from the original on 2011-07-13. Retrieved 2011-06-10. | World Cup 2007
15. Archived copy. Archived from the original on 2011-12-04. Retrieved 2011-11-22. | World Cup 2004
16. Jadhav KM. Role of Yoga in Kabaddi Sport. Golden Research Thoughts. 2011, 1(2).
17. Verma A, Rana D, Singh A. To Develop Physical Profile of Kabaddi Players: The Descriptive Study. Indian Journal of Movement Education and Exercises Sciences. (IJMEES). 2011; 1(1).
18. Hewett TE, Myer GD, Ford KR *et al.* Biomechanical measures of neuromuscular control and valgus loading of the knee predict anterior cruciate ligament injury risk in female athletes. A prospective study. Am J Sports Med. 2005; 33:1-9.