



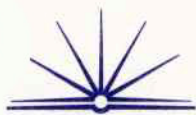
## Sports Medicine.

a- The differences between direct and indirect sport injuries are:

Indirect:- When hit, bruising or dislocations happen later.

Direct:- When hit, bruising or dislocation happens immediately on impact.

With an indirect sports injury the athlete should be allowed back in the sport after a couple of days. With a direct sports injury it might take 4-6 weeks to come back to the sport.



b- Physical preparation has an important role in the ~~prevention~~ prevention of sports injury. During physical preparation the athlete must warm-up and cool-down before starting the sport that they're going to play. The athletes must also warm-down at the end of the sport they are playing. If they stretch a muscle they may be in trouble and might not be able to play until the muscle is completely healed. Which could be 4-6 weeks. That depends exactly how bad it is.



c-The athlete would probably sit on the sideline as a policy because no-one else would want the athlete to get hurt. While the athlete is sitting on the side line they would be required to exercise the injury just in case what happened last time would happen this time. As a procedure the athlete would have to take it easy on the field otherwise he would end up back in hospital and out of the game for ~~4~~ four to six weeks. again. The coach should keep an eye on him to make he doesn't injure himself again.