

Common Injuries in Sepak Takraw and Its Management

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Abstract

Sepaktakraw is a traditional game played at international level in Asia. The game is played by using various parts of the body except the hands. Most notably the head is very often used. But unlike soccer, no study has been done on injuries caused by contact between the ball and the head. The balls are typically made of plastic. In sepaktakraw so many skills are there. Example: Inside kick, Outside kick, and Roll spike. Common injuries are ankle injury and knee injury. Hence the scholars explore the management for these injuries. For prevention of these sport injuries, it is necessary to find appropriate stretching techniques, proper injury management and instruments such as weight absorber in sole of the shoe to reduce injuries in this team.

INTRODUCTION

Sepak Raga' was the name of an ancient game played in the Malay states and in the neighbouring countries of Singapore and Brunei. 'Sepak' is Malay for "kick" and 'Raga' is the "rattan ball" used in the game, which involved players standing in a circle keeping the 'Raga' in the air for as long as possible without using their hands. Variations of this were played in other Southeast Asian countries too; in Thailand it was called "Takraw", in the Philippines, "Sepa Sepa", in Myanmar, "Ching Loong", in Indonesia, "Rago" and in Laos, "Kator".

Earliest evidence shows that the game was played in Malacca (Melaka), Malaysia's most historical city, in the 15 century, for it is mentioned in the famous Malay historical text, "The Sejarah Melayu" (Malay Annals). However, the game had undergone a significant change by the mid-1930s. In 1935, in the Malaysian State of Negeri Sembilan, during the Silver Jubilee celebration of King George V, 'Sepak Raga' was played on a badminton court over the net with players on both sides. Both badminton and 'Sepak Raga' rules were combined to form a new, very exciting game. Because the game was introduced during the Jubilee celebration, it was known as 'Sepak Raga Jubilee'.

It is not clear, but most probably the game then gained popularity in Negeri Sembilan and spread to the other states. During World War II, the game developed rapidly in Penang. In the years after World War II right up to the early 'fifties', it was possible to see the game played in rural areas and towns all over the country - especially in areas where the Malay population was quite large.

It is believed that the development of modern Sepaktakraw is mainly due to three persons from Penang. In February, 1945 a net (Jaring) and rules similar to volleyball was introduced by Hamid Maidin. He had invited Mohamad Abdul Rahman (the best player with Raga Bulatan - or Circle Game) and Syed Yaacob to try his new twist on 'Net Sepak Raga'. They loved it because of the faster pace, the different styles of kicking and the higher standard of athleticism that it demanded.

Sepaktakraw is a game between two teams which involves the use of mainly the head and legs and sometimes other parts of the body to maintain a ball in the air with less than three contacts. Exchanges of the ball occur at high speed and extreme acrobatic moves are often employed. The type of ball used may thus have an impact on a sepaktakraw athlete particularly in terms of its effect when in contact with the head, legs and to some extent the other parts of the body. However there has been no study up to date on the impact of a sepaktakraw game on the body parts.

INJURIES AND ITS MANAGEMENT:

1. Ankle injury- It occurs when you roll, twist or turn your **ankle** in an awkward way. This can stretch or tear the tough bands of tissue (ligaments) that help hold your ankle bones together.

Management: The immediate treatment of any soft tissue injury consists of the RICER protocol – rest, ice, compression, elevation and referral. RICE protocol should be followed for 48–72 hours. The aim is to reduce the bleeding and damage within the joint. The ankle should be rested in an elevated position with an ice pack applied for 20 minutes every two hours (never apply ice directly to the skin). A correctly sized compression bandage should be applied to limit bleeding and swelling in the joint.

The No HARM protocol should also be applied – no heat, no alcohol, no running or activity, and no massage. This will ensure decreased bleeding and swelling in the injured area.

A sports medicine professional should be seen as soon as possible after the injury to determine the extent of injury and to advice on treatment and rehabilitation. In evaluating the injury the sports medicine professional may order an x-ray or other testing to determine the extent of the injury.

2. Knee injuries

The five most common knee problems are arthritis, tendonitis, **bruises**, cartilage tears, and damaged ligaments. Knee injuries can be caused by impact, sudden or awkward movements, and gradual wear and tear of the knee joint when playing sepak takraw game.

Management:

Control Swelling

1. Use the RICE method: Rest the knee. Ice the area. Compress with a wrap or elastic sleeve. Elevate the knee as much as possible. Treat Symptoms

For pain, give over-the-counter pain medication such as ibuprofen or acetaminophen.

2. When to Call a Doctor

Make an appointment with a doctor if you still have pain after two weeks of home treatment, if the knee becomes warm, or if you have fever along with a painful, swollen knee.

3. Follow Up

If you seek medical help, the doctor will examine the knee and may do X-rays or other methods of imaging. Medical treatments may include anti-inflammatory drugs, draining fluid, physical therapy, crutches or braces, or surgery.

CONCLUSION

Many injuries were found in Sepak takraw study. That would be one of causes to lose or win a game, although the injuries were not severe. Those injuries usually are produced at lower extremities. Activities of Sepak takraw produced many strains. The activity, which was most aggressive and produced many injuries, was summersault activity. However, many overuse injuries are also found. Incomplete healing process induces many overuse injuries. For prevention of these sport injuries, it is necessary to find appropriate stretching techniques, proper injury management and instruments such as weight absorber in sole of the shoe to reduce injuries in this team.

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