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Risk of Musculoskeletal Injuries among Military Cadets Enrolled in an Injury-Prevention Program

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Abstract

Military personnel frequently suffer from musculoskeletal injuries (MSI) .72% of the injuries reported by active-duty soldiers in the United States Army in 2019 were categorized as overuse injuries The incidence of injuries can be as high as 65.6% in some unit types. Jones and others stated that the most common medical issue affecting service members and the leading cause of medical encounters were injuries. MSIs cause a high rate of limited active-duty days, increased medical costs, and medical-related attrition. Among military personnel, MSI risk factors include but are not limited to activities related to exercise and sports, faulty biomechanical movement patterns, and low physical fitness. Understanding that physical activity, which is necessary for improving physical fitness, is also one of the main risk factors for MSI is essential. As a result, developing physical fitness through safe means should be a top priority.

Keywords: Athlete's mental health • Athlete's well-being • Blue exercise

Introduction

Exercise-based programs have been shown to prevent injury among youth and athletes. However, the military population's results regarding the impact of exercise programs on MSI incidence appear to be mixed. Exercise interventions have been shown to reduce injury rates in a number of studies ,but others have shown that they have no statistically significant effect on injury rates. Knapik et al.'s report on physical-readiness training, for instance, reduced the likelihood of injury. Biofeedback, supervised gait retraining, and neuromuscular training have all been shown to lower the risk of medial tibial stress syndrome. In addition to formal physical training, select strength exercises and static stretching reduced the risk of anterior knee pain in British Army recruits. Parkkari and others announced that neuromuscular preparation in mix with injury-avoidance training diminished intense lower leg and furthest point wounds fundamentally [1-3]. However, in contrast to these studies, which showed a lower risk of injury, Carow et al.found that the neuromuscular exercise-based warm-up had no significant impact on injury risk. Goodall and others reported that a balance and agility training program had no statistically significant effect on the incidence of lower limb, knee and ankle, or knee and ankle ligament injuries. Childs and co. found that a core-stabilization exercise program had no significant impact on injury risk.

Literature Review

In discrete trials procedures, rats given the option of choosing between cocaine and sweet fluids show a strong preference for the non-drug re enforcer. Furthermore, food contains both homeostatic and hedonic components, making it a potent, natural, conditioning stimulus to the brain's reward pathways. However, there is a wide range of overeating, from casual overindulgences to pathological drives to consume palatable food. In either case, the resulting addictive appetite behaviour (up to bingeing) may be linked to the current obesity pandemic, with obesity being reinforced by this surge of palatable reward.

Discussion

A systematic literature search was conducted in the Cochrane Library and MEDLINE databases for studies published in English that combined the terms "sugar addiction", "food craving", "exercise therapy", "training", "physical fitness", "physical activity", "rehabilitation and aerobic". We looked at the references in original articles and reviews. The study was searched both electronically and by following up on references cited in relevant papers [4]. The first electronic database search produced 1.284 hits. Three additional studies were discovered through other sources. Following the initial screening, 788 studies were excluded: 311 were duplicates, 473 were on other subjects, and 4 were case reports [5,6].

Conclusion

Sports analytics is another field where behaviour analysis has a lot of potential. With ongoing technology development, measuring athlete behaviour has gotten more accurate. Sports analytics solutions could incorporate behaviour analysts to help with the design of efficient measuring techniques, assist with intervention when appropriate, and monitor development over time. The application of contextual behaviour science to enhance athletic performance constitutes a third area of study that requires further future focus. Although techniques like sensory equivalence have shown effective as effective teaching methods, they have not been used to teach sports-related behaviours. Although they haven't been thoroughly studied, acceptance- and mindfulness-based techniques have shown promise as therapies for improving sports performance.

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Conflicts of Interest

None.

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