

Severe Injuries in Combat Sports: A Brief Report

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Introduction

Combat sports and martial arts are combat sports that are popular in most countries around the world. They are popular both competitively and recreationally. Two individuals battle each other in combat sports utilising specialised methods (striking, kicking, grappling, and weapons) while according to predetermined rules [1]. Striking/kicking styles (e.g. Taekwondo, Boxing, Kickboxing, Karate, and Kung-fu), grappling/throwing styles (e.g. Wrestling, Judo, Brazilian jiu-jitsu, and Aikido), and hybrid styles combining striking and grappling techniques (e.g. Taekwondo, Boxing, Kickboxing, Karate, and Kung-fu), and hybrid styles combining striking (e.g. Mixed Martial Arts [MMA]). Martial arts and combat sports are usually non-violent.

About the Study

Martial arts used to be regarded as professional sports. However, these games are gaining appeal among people of all ages for a variety of reasons, including maintaining fitness abilities, developing balance, flexibility, and strength, and receiving health advantages. In the younger population, martial arts can also be used as a therapeutic therapy to improve concentration, socialisation, self-esteem, discipline, and self-defense [2].

Children and adolescents are becoming increasingly concerned. In the United States, there are around 1.5 million people who participate in martial arts, with 20% of women and 25% of children [3,4]. 20,000 children practising karate and taekwondo were seen in small countries like the Netherlands and Belgium. Combat sports, on the other hand, continue to spark heated disputes around the world about whether they are healthy and safe hobbies or violent ones, given the significant physical forces involved. Since the 1980s, as the number of participants in various age groups has grown, the incidence of acute and overuse injuries associated to martial arts is predicted to climb during training and competition, and as a result, 8 percent of youth stop participating in sports each year owing to injuries. Because most combat sports require advanced motor skills, young people are at a higher risk of injury, which has led to the classification of sport injury as a major public health issue [4].

Concussion symptoms are diverse, and they may reflect characteristics that influence the clinical picture of concussion. Individuals with cervical spine and vestibular system dysfunction typically describe symptoms similar to those reported after a concussion, such as headaches, dizziness, and neck pain, after head and neck trauma. As a result, symptoms observed after a concussion could also be the result of concurrent cervical spine or vestibular system pathology. Athletes may also present with concussion-related

symptoms during baseline evaluation, according to study, but this has not been examined in combat sport populations [5].

Future Perspective

Finally, past study has found that athletes with high baseline scores have a considerably higher decline in verbal and visual memory following a concussion than athletes with low baseline scores, indicating neurocognitive impairment. As a result, a baseline assessment of symptoms may aid in the identification of at-risk athletes and the facilitation of medical care, which many of these athletes do not seek. Because symptom evaluation is commonly included in return-to-play protocols, establishing baseline symptoms is critical for identifying athletes with persisting dysfunction and directing them to necessary care before returning to 'at risk' engagements [6].

Acknowledgement

Not Applicable.

Conflict of Interest

No conflict of interest by author.

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