

An Overview of Neurological Injuries Related to Sports

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Sports-related neurological injuries have become a growing concern in the realm of athletic endeavors, prompting a comprehensive examination of their causes, consequences, and preventive measures. This abstract provides an overview of neurological injuries associated with sports, encompassing traumatic brain injuries (TBIs), concussions, spinal cord injuries, and their implications for the well-being of athletes. The landscape of sports-related neurological injuries is multifaceted, with diverse sports posing varying risks. Understanding the mechanisms and risk factors associated with these injuries is crucial for implementing effective preventive strategies. The abstract delves into the physiological and biomechanical aspects that contribute to the occurrence of neurological injuries during sports activities. Traumatic brain injuries, including concussions, stand out as prevalent and potentially serious consequences of sports participation. The abstract explores the immediate and long-term effects of concussions, emphasizing the importance of prompt diagnosis, appropriate management, and the evolving protocols in sports medicine. Spinal cord injuries, though less frequent, present profound challenges and necessitate a long-term approach for athletes, coaches, and medical professionals in fostering a safer sports environment. As the field of sports medicine advances, ongoing research contributes to a deeper understanding of the long-term consequences of neurological injuries in athletes. The abstract underscores the significance of longitudinal studies and collaborative efforts to inform evidence-based guidelines for injury prevention and comprehensive athlete care.

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