

## **SAFETY PRECAUTIONS AND INJURY PREVENTION AT TABLE TENNIS TRAINING SESSIONS**

G'anieva M.Yu.

Scientific Supervisor

Abduxalilova S.T.

Undergraduate Student

Uzbek State University of Physical Culture and Sports Uzbekistan, Chirchik

E-mail: marhaboganiyeva92@gmail.com

### **Annotation**

This article examines the observance of technical safety rules during training and competitions by athletes engaged in the sport of table tennis, as well as the causes of sports injuries, data aimed at injury prevention and their analysis. In addition, there is a lot of necessary information related to these processes.

**Keywords:** technical safety, sports injuries, technical and tactical actions, highly qualified athletes, fatigue, physiological fatigue.

### **The relevance of the topic**

Despite the fact that table tennis is considered one of the least traumatic sports, there are cases when an athlete damages tendons, muscles and cannot play for a long time. Most injuries affect those parts of the body that are most involved in the gameplay. In table tennis, a player can get various physical injuries for other reasons: due to the characteristics of the playing field, the type of racket and other factors. These injuries can be prevented if you warm up properly before the game.

Professional table tennis often leads to physiological disorders such as simple injuries, acute injuries, occupational (chronic fatigue) diseases and musculoskeletal and tendon imbalance.

In acute injuries, the musculoskeletal system most often suffers (injuries for which are sprains and dislocations).

As a rule, unheated or, conversely, very tired muscles may hurt. In table tennis players, sprains primarily affect the ligaments:

➤ with sudden movements on the playing field: ligaments and muscles of the thigh and calf muscles;

➤ lashing movements during the serve: deltoid, biceps and triceps muscles of the shoulder (oddly enough, the most intense muscle activity during the serve occurs in the phase of tracking the ball with a racket).

For example, when stopping abruptly, the part of the leg below the knee (shin and foot) stops, and the upper part: the hips and the whole body continues to move.

As for the muscle group and ligaments surrounding the shoulder, the shoulder joint is not subjected to such loads as the joints of the lower extremities, nevertheless, the load

on it reaches 90% of body weight. Such a load, combined with high acceleration, large amplitude of movement and repeated repetition of the same movement when feeding, can lead to the development of chronic tendon disease.

An injury to the shoulder joint means, first of all, a sprain or damage to the tendons connecting the shoulder to the arm. It is also not uncommon for a tendon or muscle to rupture, which can cause an athlete to experience very severe pain, despite the fact that the mobility of the arm and shoulder is preserved. When a person cannot move his arm, it means that the injury is serious.

Novice players usually overexert their wrist, as they perform a punch only with the help of the arm muscles, whereas professionals do it with their whole body. Therefore, it is extremely important to pay great attention to strengthening all the muscles of the body so that the load is properly distributed during the game. The most effective way to treat a wrist injury is to rest. This disease goes away if the wrist does not strain, so it is not recommended to put excessive stress on the muscles and tendons of the wrist.

It often happens that after a long game on a hard surface or due to overexertion, severe back pain occurs, most often in the lumbar spine. To avoid injuries and unpleasant sensations, many table tennis players use a special belt, however, according to doctors, exercises that need to be done regularly help the best.

Table tennis players do not often complain about knee injuries, because the ligaments in these joints are very strong. However, during the game, the bulk of the load falls on the knees. They absorb the jump, they are used to perform turns and bends. Consequently, a player may get a knee injury during a regular workout by putting in too much effort. To avoid such problems, it is recommended to rest more after training or games.

A very common occurrence among table tennis players is an ankle injury. During the game, an athlete may hit his foot, which will lead to a sprain or rupture of ligaments, a person will instantly feel a sharp pain, and the leg will swell and turn blue. Often the cause of an ankle injury is a ball thrown on a card. You have to be very careful and careful to avoid this problem.

If the injury could not be avoided, it is recommended to use the following methods of its treatment. First of all, it is necessary to ensure rest and rest of the damaged area, apply ice to it, apply a pressure bandage on it, and provide a comfortable position for the injured limb. It should be remembered that immediately after an injury, you can not warm up the damaged area, on the contrary, it is better to apply cold to it, and after a few days you can start warming up. There is no need to warm the injured limb, if the tumor does not subside, it may mean that there is inflammation. Thus, ice helps to avoid swelling immediately after injury, and heat benefits from long-term treatment, improving regeneration processes after the swelling has already subsided.

## CONCLUSION

An important factor in the prevention of sprains is the warm-up. Warm-up is an important part of the training process in any sport, and table tennis is no exception. The

main purpose of the warm-up is to prepare the athlete for training or competition. Many table tennis players overlook the importance of warm-up by ignoring it, which often leads to injuries. Therefore, another function of the warm-up is to warm up the muscles and reduce injuries. The joints of athletes are subjected to a particularly heavy load in table tennis, so when warming up, great attention should be paid to warming up the joints. Every table tennis player must include a warm-up complex in the training process. This allows you to warm up the muscles, increase the rate of contraction, stretch the joints and reduce the likelihood of injury. Table tennis warm-up, as a rule, consists of general physical and special exercises. This list of exercises is compiled by the trainer depending on the training tasks. The heating duration should not be too long and exceed 20 minutes, while its intensity should increase.

A well-chosen table tennis racket will help to avoid injuries in table tennis. It is not allowed to throw a racket at windows, doors, netting and at a playing partner. Continuous observation of the ball is the most important condition for the correct execution of strikes and control of the situation.

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