



Profile of Injury Prevent and Treatment in Indonesia Basketball Wheelchair National Team During the 11th ASEAN Para Games Preparation

Chandra Wira Tama^(✉), Rony Syaifullah, Baskoro Nugroho Putro,
Sapta Kunta Purnama, Sri Santoso Sabarini, and Islahuzzaman Nuryadin

Faculty of Sports, Universitas Sebelas Maret, Surakarta, Indonesia
chandrawira07@student.uns.ac.id, {ronysyaifullah,baskoro.np,
saptakunta,srisantoso,mase.ior2004}@staff.uns.ac.id

Abstract. Injury is an aspect that needs to be considered in developing wheelchair basketball achievements. Wheelchair basketball athletes require special handling due to the level of disability they have. This study aims to find out how to treat and prevent sports injuries for athletes with disabilities in Wheelchair Basketball in Indonesia. This study uses the observation method, with the researcher as the main instrument. The sample in this study were participants in the wheelchair basketball national team training camp. The facilities used to prevent injury are wheelchair seat belts, seat cushions, and leg and arm sleeves. In the aspect of treatment, it only has pain relief and tapping, supported by a recovery program in the form of sports injury massage. Exercise intensity also gets special attention so that athletes get sufficient recovery time. The prevention and treatment of injuries to the wheelchair basketball national team have been carried out even though it is minimal. Massage services are also very helpful for athletes in preventing injuries. Recovery of athlete's fitness can recover faster so that the physical condition is ready to undergo an exercise program.

Keywords: para games · wheelchair basketball · injury · prevent · treatment

1 Introduction

Following or participating in sports is an integral part of one's identity [1]. This applies to everyone, as well as people with disabilities [2]. Sports for people with disabilities experience extraordinary development, almost as developed as sports for normal people [3, 4]. Sports actors with disabilities also have the opportunity to excel through sports. The level and prestige of disability sports competitions are on par with those of normal people.

Wheelchair basketball is a sport for people with disabilities. Wheelchair basketball is a variation of basketball and is played by people with limited ability to use the lower body to play basketball by running. [5]. Wheelchair basketball is a high-level competitive

game, similar to conventional basketball [6]. Wheelchair basketball players are determined by disability classification on the ability to push, pivot, shoot, rebound, dribble, passing, and catch [7].

Treatment of elite athletes in adaptive sports is difficult [8]. Like sports in general, wheelchair basketball also demands maximum performance in matches. Wheelchair basketball is a wheelchair sport with the second highest probability of injury [9]. Wheelchair basketball players are very likely to collide with each other and fall while competing.

The risk of injury in sports has a positive correlation with the characteristics of the sport [10]. Injury prevention initiatives need to be carried out, at least athletes use protective equipment according to regulations, warm up, cool down, and physical strengthening [11]. The type of injury can be predicted in advance based on the limbs that are often used when competing [12]. At any level, injury prevention and treatment is an important thing that should not be forgotten in sports.

2 Method

Research is survey research. Researchers recorded facilities and services related to the treatment and prevention of injuries to Indonesian national wheelchair basketball athletes. This research was conducted during the wheelchair basketball national team training camp. The study used a checklist instrument.

3 Result

The facilities and services provided by the wheelchair basketball national team are quite good. The coaching team is equipped with first aid kits and the training location is very close to the hospital. The trainer also understands the RICE (Rest-Ice-Compression-Elevation) method that can be used as first aid for injuries. The available injury prevention and treatment facilities are:

1. Ice bags are used to compress bruises on athletes during training.
2. Kinesio tape is used to support weak muscle and joint tissue without reducing mobility.
3. Chlorethyl spray is used to relieve pain and reduce pain in injuries that require further treatment.
4. Seat belts on wheelchairs that function to prevent athletes from being thrown from the wheelchair.
5. The cushion on the wheelchair serves to provide a damping effect on the lower body.
6. Equipment is available to ensure that the wheelchair works properly so as not to potentially injure the athlete when in use.

In addition to the facilities, the team is also provided with injury prevention and treatment services. The injury prevention and care services available are:

1. Special schedule of fitness massages to keep athletes in shape.

2. Special schedule for injury massage for athletes who need assistance with injury recovery.
3. Specific training programs for injured athletes.
4. The practice location is close to a national standard hospital, only 500 m away.
5. The location of the athlete's lodging is close to the national standard hospital, only 1 km away.
6. There is a medical team at the athlete's inn.

4 Discussion

Ice is an ingredient that should always be available to prevent or treat injury. Ice therapy is the oldest therapy used to prevent and treat injuries [13]. Ice compression is a basic principle in initial treatment, the focus of this treatment is to provide an analgesic effect on the injury [14]. Ice compression can use an ice bag or towel, but it is more efficient to use an ice bag because the temperature of the ice is better maintained. Ice therapy lowers the temperature of the injured tissue (reduces pain), slows muscle metabolism, minimizes spasms and swelling, and helps tissue repair [15]. Injury treatment that doesn't start with ice compression right after the injury can increase swelling and inflammation [16]. The right decision from the coaching team is to always carry an ice bag so that you can do ice compression anytime and anywhere.

Kinesio tape is used to support muscle tissue. Kinesio-taping-method is an approved method based on extensive clinical studies and proven positive results in various fields of physiotherapy [17]. Kinesio tape serves to improve and maintain the performance of post-injury muscle tissue [18]. Treatment and prevention do not only apply to athletes who have never been injured. Post-injury athletes also need treatment and prevention so that the same injury does not happen again.

Chlorethyl spray works as a local anesthetic if athletes need instant pain relief [19]. At times athletes need to relieve pain quickly to resume training immediately. Chlorethyl produces a cooling sensation when sprayed on the injured area and creates a numbing sensation [20]. The use of chlorethyl is only temporary and does not cure. Therefore, the trainer rarely uses chlorethyl spray treatment and prefers ice compression.

The wheelchair used by athletes when competing is different from the wheelchair used for everyday life. Athletes need wheelchairs that can be used to move efficiently and effectively when competing [21]. Athletes must also feel comfortable and stable in a wheelchair, allowing athletes to compete to their full potential [22]. Binding the feet, legs, or upper part of the wheelchair to help maintain balance, assisted by seat cushions of the appropriate thickness and level of slippage can help to sit steadily [23]. Wheelchairs used by athletes must be lighter than ordinary wheelchairs, stiff and strong, and resistant and ergonomic [24]. In addition to wheelchairs that suit the needs of athletes, the coaching team also provides a special time to practice wheelchair skills. Wheelchair skills are useful for improving the athlete's maneuvering skills to minimize injuries.

The training center management also provides massage services for athletes. The massage provided is a fitness and injury massage. The athlete's recovery is also a concern of the coaching team. Excessive fatigue can cause injury to athletes. The athlete's training schedule is also a consideration for the coaching team to be able to overcompensate the

athlete. The location of the hospital which is close to the training ground and lodging is a step to make it easier for athletes to get medical treatment. In certain cases that are emerging, athletes can immediately get professional treatment.

5 Conclusion

The wheelchair basketball national team has received minimal services for injury prevention and treatment. The thing that needs to be underlined is that the location of the athlete's training and lodging which is close to the hospital is an important point. Although there is no accompanying medical team during training, athletes can be treated immediately if they have serious injuries. Athletes can be sent to a hospital and get professional treatment. Massage services are also very helpful for athletes in preventing injuries. Recovery of athlete's fitness can recover faster so that the physical condition is ready to undergo an exercise program.

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