

橄欖球運動傷害的預防策略

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摘要

The project is investigating the form of rugby injuries for its occurrences and reasons. Athletes should care more about how to protect themselves and avoid the injuries. Should be fully warm up and stretching exercises, proper protective gear, and maintain good physical condition, proper rest and nutritional supplement. To face the injured fact and take the right and necessary action for them is the most difficult problem. The most important thing for the athletes who got sports injuries is willing to look for helps so as to ease the pain that the injuries brought, and curtail the period for treatments. I do hope rugby-loving people can take this as a consultation in order to prevent injuries and reduce the probabilities of injuries. On the top of that, athletes can fully understand the way to deal with , and then return to the rugby field soon.

關鍵字：Rugby , Sports Injuries , Prevention