

# Soccer injuries

[Linguistics](#), [English](#)



Soccer Injuries I am interested in researching on soccer injuries since most players in soccer know very little about the injuries. Injuries from soccer may sound just like any other injuries; however, they can cause a lot of damage in somebody's life. Most soccer injuries affect the legs mostly affecting muscles, soft tissues, and the joints. When soccer injuries happen, they cause a nagging pain. Soccer injuries can leave somebody on a wheelchair if not treated early (Melegati, Gianluca, et al 325). The fact that little is known about soccer injuries illicit my desire to research on it. Having played soccer at some point of my life creates a personal interest in soccer injuries. In a soccer game, at least one person gets an injury either a minor one or a major one.

I want to know the different types of soccer injuries that a soccer player can experience. The causes of soccer injuries may seem obvious; however, I want to know the major causes of the injuries and their prevention. I have interest in finding out how long it should take for a soccer injury to be treated and the type of treatment necessary. In the research I am interested in finding out how many of the soccer players are aware of the causes and treatment of soccer injuries. I want to know the individuals who are at a higher risk of getting soccer injuries and how they can prevent the injuries. In the research, I need peer-reviewed sources and books on soccer injuries.

#### Works Cited

Melegati, Gianluca, et al. "Reducing Muscle Injuries and Reinjuries in One Italian Professional Male Soccer Team." *Muscles, Ligaments & Tendons Journal (MLTJ)* 3. 4 (2013): 324-330

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