

Role of Yoga in Sports Injury

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Abstract: *Yoga has been around for around 5,000 years. Yoga has spawned a slew of schools and organisations throughout the years. Finding a yoga style that connects with you can be intimidating as first. If you're a competitive athlete, it's best to match your yoga practise to your training programme because some sports focus on developing specific muscle groups while neglecting others. Over time, this process produces muscle and joint imbalances, resulting in overuse problems. Yoga allows the muscles, tendons, and ligaments to move through their full range of motion, promoting balance and core strength, which is beneficial to players in their chosen sports. "I'm delighted I found yoga and added it to my weekly workout programme," Heidi Resiert, a triathlete from San Diego, said. I'm not only feeling stronger, but I'm also more confident that I won't be hurt again." Breath work is another important aspect of yoga (pranayama). One of the most essential benefits for athletes is paying attention to their breath while doing yoga. Learning to stay focused and centred in painful poses by focusing on even inhalations and exhalations prepares the athlete for a race or a difficult workout. Yoga's mind-body connection is crucial for athletes to improve their mental clarity and attention. Yoga also aids in the relaxation of not only tense muscles, but also worried and agitated minds. Yoga is beneficial not only in the sagittal plane, but also in the frontal and transverse planes, ensuring complete growth. Being more calm will also help you perform better in sports. So, why not integrate yoga to your training regimen today to improve your gaming performance and prevent injury?*

Keywords: Athlete, Yoga, Injury, Muscle, Performance

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