

---

## Basketball - preventing injury

---

### Summary

- Basketball is a contact sport that can result in injuries.
  - The most common injuries are due to falls, contact, awkward landings, abrupt changes in direction and being hit by the ball.
  - Using the right techniques and equipment for the sport can help prevent injury.
- 



Basketball is one of the most popular sports in Australia and is enjoyed by players of all ages and skill levels. Basketball is a fast game with frequent and aggressive body contacts, so injuries can and do occur.

### Basketball injuries

Injuries while playing basketball are commonly caused by falls, player contact, awkward landings, abrupt changes in direction and being hit by the ball. Common types of injuries are:

- Injuries to the lower body, mostly ankle sprains
- Injuries to the hand, fingers, head, face and teeth
- Knee injuries – females are at higher risk of knee injury than males
- Overuse injuries – are most common in higher level players due to the duration and intensity of play.

### Preventing basketball injuries

To prevent injury you should:

- Be prepared.
- Wear the right gear.

- Check the environment is safe.
- Know yourself and the sport.

### **Preparing to play basketball**

Before you start playing basketball, remember to:

- Attend training so your body is ready.
- Warm up and stretch before playing.
- Cool down and stretch after playing.

### **Wear the right basketball gear**

When you're playing basketball, make sure you:

- Wear a mouthguard, preferably custom-fitted, at all times.
- Wear shoes designed for basketball.
- If you have a history of injury, speak to your doctor or physiotherapist about appropriate bracing or protective gear.

### **Check the basketball environment**

Check the basketball environment is safe and remember to:

- Remove hazards, such as stones and water, from the playing surface.
- Make sure backboards and baskets are of a high standard, securely mounted and well maintained.
- Make sure backboards, their supports and walls are padded.
- Make sure baskets and boundary lines are not too close to walls and fixtures.
- Ask a suitably qualified person, like a builder, to assess the safety of your installation if you install a ring at home.
- Do not fix a basketball ring or backboard to brickwork.

### **Other basketball safety tips**

General safety suggestions when playing basketball include:

- Choose activities that are suited to your fitness level.
- Follow the rules and play fairly.
- Know and use the right techniques for passing, jumping, landing and shooting.
- Know how to use the equipment properly and safely.
- Never hang or swing on a basketball ring.
- Drink water before, during and after play.
- Do not play in extreme heat or wet conditions. Where possible, games should be rescheduled.
- Coaches, players and parents should be aware of heat illness symptoms.
- Qualified first aid personnel, first aid kits, icepacks and a stretcher should be available at all times.
- Telephone access, to contact emergency services, is essential.

### **Respond promptly to basketball injuries**

If you or someone else is injured:

- Remove injured or bleeding players from the court immediately.
- Seek prompt attention for injuries from qualified first aid personnel.
- Make sure you are fully rehabilitated before returning to play.
- Wear a brace for at least three months after serious joint injuries.

### **Where to get help**

- Your doctor

- Sports physician
- Physiotherapist
- Australian Physiotherapy Association Tel. (03) 9092 0888
- Always call triple zero for an ambulance in an emergency Tel. 000
- Smartplay Tel. (03) 9674 8777

### **Things to remember**

- Basketball is a contact sport that can result in injuries.
- The most common injuries are due to falls, contact, awkward landings, abrupt changes in direction and being hit by the ball.
- Using the right techniques and equipment for the sport can help prevent injury.

**This page has been produced in consultation with and approved by:**

Smartplay

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2021** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.