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Women's Sports Medicine has become so much more important with the increase in female sports and exercise enthusiasts. Despite all the benefits of physical activity, there are some risks involved, and women have to pay attention to certain issues. Consulting a sports medicine specialist or doctor will sometimes be necessary although there are also times when you can handle these yourself. The following are some health and sports related concerns that affect many women and that are important to be aware of.

Women are especially susceptible to a common problem in sports known as knee injuries. Injuries are often sustained by all ages of women and girls who participate in school team sports or gym workouts and most often involve the ACL (anterior cruciate ligament). While health experts aren't sure why, women are ten times more likely to have this type of injury than men, so it's extremely important to be aware of this vulnerability. Consult a physician skilled in sports medicine if you have any knee pain and limit or discontinue all exercise until you are sure it's safe to resume. If you have a knee injury an continue to play or work out before you know what the problem is it can cause even more damage to the knee. You should always follow the advice or your coach, doctor or trainer when learning how best to move in order to reduce your chances of a knee related injury. Some commons sports-related injuries are stress fractures. Running and jumping are two of the causes of stress fractures, which are small breaks in bones. The feet or legs are normally wear these breaks occur. If you engage in activities that involve your arms, you can also have this problem. You are prone to this injury when you first start a new activity, so build up your endurance gradually. If you suspect any kind of fracture, you should stop exercising and see a doctor promptly.

Up until fairly recently, it was assumed that pregnant women should avoid exercise and physical activity as much as possible. These days, however, doctors have proven that exercise during pregnancy is beneficial for both mother and baby especially during delivery. One study in fact showed that pregnant women who exercised regularly were able to decrease their labor time by 1/3. If you're pregnant, you should seek the advice of your doctor to find out what type of exercise is safe. Certain considerations should be made however, such as drinking plenty of water, avoiding exercise that strains the abdominal region and being careful not to overstrain yourself.

Finally, women's sports medicine involves a number of issues and depending on what factors are at play (such as your age and activity type) you could potentially have more of the concerns we have discussed in this article. A common sense approach to sports safety is the best way to avoid injury although consulting a doctor who's knowledgeable about sports medicine can yield some good advice on avoiding unnecessary trips to the doctor.

Women can compete and train in countless athletics including modern karate and traditional martial arts. On no account underestimate their skills.

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