

Injuries in Gym: A Review Study

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ABSTRACT

Gym or Gymnasium is defined as a place or club where one can go to exercise using machines, weights and other equipments. A fitness injury is defined as any physical complaint experienced by an individual during or as a consequence of fitness training, while fitness and strength training provide numerous health benefits and play a critical role in addressing the public health issue of physical inactivity. They also introduce the risk of exercise-related musculoskeletal injuries. This study aims to determine the frequency, patterns, and factors predisposing the injuries in gym. A computer search of

peer reviewed articles from databases such as PubMed (National library of medicine) Google Scholar Medline, Research Gate, was conducted focussing on studies published from 2010 to 2024. Going to gym offer various health benefits, but on the other hand it also has various disadvantages. Studies show a high prevalence of these injuries among gym users, with areas like lower back and shoulders are more prone to injuries.

Keywords: Gym injuries, High intensity functional training, Injury prevention, Resistance training, Sports.