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Publication Date
1 June 2023

COMMON ARCHERY INJURIES: A GUIDE FOR NOVICE ARCHERS

COMMON ARCHERY INJURIES:

A Guide for Novice Archers

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For novice archers, injury is one of the incidences that cannot be avoided due to inexperience and incorrect techniques in handling the archery equipment. Among the injuries experienced by the novices are arms bruises, bruised fingers, shoulder muscles, leg cramp and others. Nevertheless, these injuries can be avoided by implementing an accurate techniques and diligently continuous shooting routine. Below are the most common injuries that novices come across.

STRING SLAP



Nearly every novice can relate to this experience, string slap. String slap happens when you release the bow string and it slaps either your upper arm or your forearms. It notably painful and you probably encounter bruising or skin discoloration in this area. Even experienced archers may occasionally experience string slaps. In order to prevent this occurrence, you must wear an armguard to protect your arms and also to avoid wearing loose fitting clothing.

MUSCLES INJURY



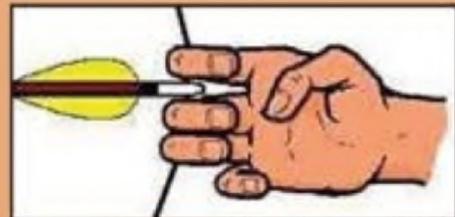
The common muscles injured that novice will experience is the rotator cuff injuries. The rotator cuff refers to the group of muscles adjoining the shoulder joint that stabilizes the shoulder. Novices tend to stress on the rotator cuff each time they draw the bow. Normally, they draw back the bowstring in a strained, inefficient way or even they shoot with poundage that is too heavy for them and as a result they will confront with these injuries. Symptoms include acute joint pain, stiffness, and limited range of motion around the affected parts.

"ARCHER'S ELBOW"



The so-called "Archer's Elbow" is a form of tendonitis in the elbow that generally occurs due to repetitive and unnecessary strain on the elbow. This added stress is commonly due to overbowing. Overbowing means when your bow's draw weight is higher than what you should be handling. Novices commonly feel stiffness, tenderness and sharp pain when moving the injured area and mild swelling in the elbow area. Symptoms include pain near the very tip of the elbow, typically on the outside portion of the joint and some swelling may also occur. To prevent archer's elbow, ensure that draw weight is not more than you can comfortably handle.

FINGER PINCH



Normally, finger pinch occurs when novice archer draws the bow string back using their fingers to release the string. When the string is released, it can snap back towards the bow, and if the fingers are in the way, they can be pinched between the bowstring and the arrow nock. One of the main symptoms is that the novice will have a reddish and sore finger. To prevent this, it is important to use a finger tab or gloves for protection.

In conclusion, injuries in archery are

sometimes minor, but they can navigate to more major problems if they are not been tackled. For novices that might have an injury, seek help from an expert coach and possibly a physiotherapist too. With appropriate technique and intensity of shooting training, injuries can be avoided.

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BizNewz 2023
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