

Steroid Anti-inflammatory Agents on Sport Injuries Caused by Soccer

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Abstract

Soccer players often encounter acute injuries such as broken ligament, tendon, and joint arthrosis. They experience some symptoms such as redness, swelling, heat, and pain are the common signs of inflammation. Steroids have been used for relieving those symptoms due to its' anti-inflammatory effect. However, inappropriate use of steroids might cause some serious side effects. This article reviewed the use of steroids on sports injuries and its side effects for those who enjoy the soccer game. It provides soccer players the knowledge of sports injuries, knows how to manage and prevent the sport injury, and advocates the proper usage of steroid anti-inflammatory agent.