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Review of Application of Gesture and Poses for Reducing Injury in Sports

Durgansh Sharma

Professor, School of Business Management, CHRIST University, Bangalore

Abstract

This review explores the transformative potential of gesture and poses analysis in the realm of sports, aiming to enhance performance and reduce injuries among sportsperson. The integration of advanced technologies, such as motion capture systems and artificial intelligence, enables a meticulous examination of athletes' movements, surpassing the limitations of traditional methods. By breaking down complex motions into discrete elements, biomechanical assessments can identify subtle irregularities that may predispose athletes to injuries, offering a data-driven and objective dimension to injury prevention.

Gesture and poses analysis extends its impact to rehabilitation, personalizing programs based on an athlete's unique movements for faster recovery and reduced re-injury risks. Motion capture technology, featuring high-speed cameras and inertial sensors, provides three-dimensional reconstructions, while artificial intelligence processes vast datasets to develop predictive models for assessing injury risks.

While applicable across various sports, ethical considerations surrounding athlete privacy and consent underscore the importance of responsible technology use. As sports science enters a new era, the review delves into specific applications, success stories, and potential challenges associated with the integration of gesture and poses analysis in the pursuit of athletic excellence.

Keywords: *Injury in Sports, Gesture and poses, Artificial intelligence (AI), Rehabilitation exercises.*

Introduction

In the dynamic world of sports, where athleticism and precision intertwine, the quest to enhance performance and minimize injuries is perpetual. Over the years, advancements in technology have been instrumental in providing athletes, coaches, and sports scientists with innovative tools to gain insights into various facets of athletic performance. Among these technological strides, the application of gesture and poses analysis has emerged as a promising avenue for reducing injuries in sports. This review delves into the intersection of technology, biomechanics, and injury prevention, exploring how the careful scrutiny of athletes' gestures and poses can revolutionize the way we approach sports training and rehabilitation.

In the relentless pursuit of excellence, athletes often push their bodies to the limits. However, this pursuit is not without risks, as injuries can derail careers, shatter dreams, and impede the overall progress of a team. Traditional methods of injury prevention and rehabilitation have long been reliant on the expertise of coaches and medical professionals, combined with subjective assessments of an athlete's form and movement. The integration of gesture and poses analysis into this realm introduces a data-driven

Corresponding Author:
Durgansh Sharma
Professor, School of Business Management, CHRIST University, Bangalore
e-mail: durgansh@gmail.com

and objective dimension that has the potential to redefine the landscape of sports injury management.

Gesture and poses analysis, often facilitated by cutting-edge technologies like motion capture systems and artificial intelligence, allows for a granular examination of an athlete's movements. By breaking down complex motions into discrete elements, researchers and practitioners can identify subtle deviations, asymmetries, or irregularities that may predispose athletes to injuries. The very essence of this approach lies in its ability to go beyond what the naked eye can perceive, providing a comprehensive understanding of biomechanics that was previously unattainable.

One of the primary applications of gesture and poses analysis in sports is the mitigation of injury risks through biomechanical assessments. Athletes engage in intricate movements, and the slightest misalignment or imbalance can have cascading effects on the musculoskeletal system. By employing advanced technologies, coaches and sports scientists can gain insights into the joint angles, force distributions, and overall kinematics of an athlete's performance. This detailed biomechanical data allows for the identification of movement patterns that may contribute to overuse injuries, stress fractures, or other musculoskeletal issues.

Moreover, the utilization of gesture and poses analysis extends beyond injury prevention to encompass rehabilitation strategies. When an athlete succumbs to an injury, the journey back to full strength and functionality is often arduous. Traditional rehabilitation relies on subjective assessments and general protocols. However, by incorporating gesture and poses analysis, rehabilitation programs can be personalized with a focus on the specific movements and gestures relevant to the athlete's sport. This tailored approach not only expedites the recovery process but also reduces the likelihood of re-injury by addressing the root causes through targeted exercises and interventions.

In recent years, motion capture technology has become a linchpin in the application of gesture and poses analysis in sports. High-speed cameras, inertial sensors, and sophisticated algorithms work in tandem to record and interpret an athlete's movements with unprecedented accuracy. This wealth of data enables a three-dimensional reconstruction of the athlete's motions, offering a nuanced perspective that goes beyond traditional video analysis. As a result, coaches and sports scientists can gain insights into the spatial and temporal aspects of gestures and poses, leading to a more comprehensive understanding of athletic performance.

The integration of artificial intelligence (AI) further amplifies the capabilities of gesture and poses analysis in sports. Machine learning algorithms can process vast datasets, identifying patterns and correlations that might elude human observers. This data-driven approach allows for the development of predictive models that assess injury risks based on an athlete's unique movement signatures. By harnessing the power of AI, sports professionals can move beyond reactive measures and adopt proactive strategies to prevent injuries before they manifest, thereby preserving the long-term health and sustainability of an athlete's career.

The significance of gesture and poses analysis in sports extends across various disciplines, from individual sports like track and field to team sports such as soccer or basketball. In individual sports, where athletes are solely responsible for their movements, the analysis can provide profound insights into their technique, form, and potential areas of improvement. Conversely, in team sports, understanding the collective gestures and poses of players can enhance strategic planning, optimize team dynamics, and reduce the risk of collisions or accidental injuries during gameplay.

As we embark on this exploration of the application of gesture and poses analysis in sports, it is imperative to acknowledge the ethical considerations surrounding the use of such technologies. The collection and analysis of biomechanical data raise concerns about athlete privacy, consent, and the responsible use of information. Striking a balance between the pursuit of performance excellence and the protection of athletes' rights and well-being is paramount to ensuring the ethical implementation of gesture and poses analysis in the realm of sports.

Literature Review

The application of gesture and poses in sports has shown promise in reducing the risk of injury. Various studies have explored the use of gesture control systems and pose estimation algorithms to support rehabilitation exercises and monitor physical activity. These systems utilize devices like Microsoft Kinect and common household cameras to track and analyze human movement[1][2]. They provide real-time visual feedback to users, helping them correct their posture and perform exercises correctly[3]. These advancements in gesture and pose analysis have the potential to improve sports performance and reduce the risk of injuries by enabling athletes to analyze the quality

of their movements and make necessary corrections[4]. Additionally, large-scale 3D human pose datasets have been developed specifically for sports movements, allowing for accurate and dynamic pose estimation in sports analytics, coaching, and injury prevention[8]. The paper discusses the use of Neuro-Linguistic Programming (NLP) and Natural Language Understanding (NLU) in sports to improve the performance of sportspersons, particularly those from rural areas with non-English speaking backgrounds[10].

Insights: The manuscript delineates the development of a theoretical framework for the prevention of physical activity injuries through the utilization of machine learning algorithms and the MediaPipe solution for body pose tracking. This framework amalgamates pose estimation and joint angle detection to furnish valuable insights regarding body posture and alignment. Regrettably, the paper does not explicitly address the specific implementation of gestures and poses to mitigate injury in sports[1].

The provided manuscript neglects to expound upon the utilization of gestures and poses as a means to reduce the incidence of sports-related injuries. Instead, the paper centers around a gestural control system implemented via the Microsoft Kinect device to facilitate rehabilitation exercises[2].

The paper, in question, does not explicitly mention the application of gestures and poses for the purpose of injury reduction in sports. Its primary focus revolves around the applications of pose estimation in promoting human health and optimizing performance throughout the entirety of an individual's lifespan[3].

The manuscript explores the application of human pose estimation (HPE) for the analysis and rectification of movement in physical exercises, yet it omits any specific reference to the use of gestures or poses for the purpose of injury reduction in sports[4].

The manuscript delves into the utilization of human pose estimation as a tool for training assistance in various domains, including healthcare. However, it fails to explicitly mention the application of gestures and poses for the purpose of injury reduction in sports[5].

The manuscript expounds upon the utilization of depth sensors and gesture recognition tools to meticulously track the bodily movements of athletes during exercise and evaluate their training performance. The ultimate objective is to minimize the risk of injury by issuing warnings regarding activities with a high potential for harm[6].

The provided manuscript does not touch upon the application of gestures and poses for the purpose of injury reduction in sports[7].

The paper, at hand, does not specifically discuss the application of gestures and poses to mitigate the occurrence of injuries in sports. Instead, it primarily introduces a comprehensive 3D human pose dataset on a large scale, which can be instrumental in the domains of sports analytics, coaching, and injury prevention[8].

The provided manuscript does not delve into the application of gestures and poses for the purpose of injury reduction in sports[9].

In this article, a model has been developed for the prevention of physical activity injuries based on the Media Pipe solution for tracking body pose. This model is capable of detecting all key body landmarks and angles during the movement of the observed individual[1].

Initial tests were conducted with participants to demonstrate the effectiveness, simplicity, low cost, and flexibility of the application. It automatically adjusts itself according to anatomical structures that contain segments of varying sizes[2].

The authors of this paper present a comprehensive review of the potential applications of human pose estimation in human health and performance. They specifically focus on applications in the domains of human development, performance optimization, injury prevention, and motor assessment of individuals with neurologic damage or disease[3].

This study proposes a model for analyzing movement, repetition count, and movement correction in physical exercises using human pose estimation (HPE). It demonstrates that the application is capable of analyzing the biomechanics of movement and responding quickly and accurately to execution errors[4].

The most significant contributions in human pose estimation for training assistance across various physical activities, including human-computer interaction, motion analysis, surveillance, action prediction, action correction, augmented reality, and healthcare, have been reviewed in this paper[5].

Gesture recognition tools were utilized in this article to analyze the position and angle of an athlete's body parts during exercise. This analysis aims to assess training performance and reduce injury risk by providing warnings when the athlete is engaging in high-risk activities[6].

The article describes the detection and monitoring of human running to reduce the risk of injuries. It also discusses the monitoring of ground force reaction during running for the analysis of running gestures in a medical context[7].

The authors discuss the SportsPose dataset, which is a large-scale 3D human pose dataset that captures highly dynamic sports movements. This dataset contains over 176,000 3D poses from 24 subjects performing 5 different sports activities[8].

According to the authors, Wang et al. utilized a threshold method combined with a pattern recognition method to detect falls. The tilt angle of the upper body was used to address bending and squatting errors[9].

The paper explores the relationship between Natural Language Processing (NLP) and sports performance. NLP-NLU assists athletes in understanding strategic commands from coaches, reducing stress, and enhancing comprehension of gaming strategies. Wearable technology and NLU aid in information retrieval and broadcasting. The model incorporates wearable devices and ontology for comprehending coach instructions. The sensor network monitors emotions and incorporates facial expressions and gestures. Effective communication between athletes and coaches is crucial for establishing rapport[10].

Methods Used and Results

Machine learning algorithms for pose estimation and joint angle detection and Integration of solutions for body pose tracking and angle estimation[1]. The developed system detects body landmarks and angles during movement. The results support professionals in physical activity monitoring and injury prevention[1].

Gestural control system using Microsoft Kinect device along with Cohen-Sutherland clipping algorithm for verifying matching between poses[2]. Initial tests with participants showed that the application is effective. The application is simple to use, low cost, and flexible[2].

Pose estimation algorithms along with Advances in computer vision[3]. The paper discusses the potential applications of pose estimation in human health and performance. It provides insight into areas such as human development, performance optimization, injury prevention, and motor assessment[3].

Human pose estimation (HPE) for movement analysis, repetition count, and movement correction. Quantitative research using the Unified Theory of Acceptance and Use (UTAUT)[4]. The application is able to analyze the biomechanics of movement. Users are satisfied and interested in using the application in the future[4].

Systematic literature review and Pose estimation methods[5]. 8 articles were selected after applying filtering criteria. The paper presents challenges, methods, and activities[5].

Depth sensors and gesture recognition tools are used for analysis. The position and angle of an athlete's body parts are analyzed[6]. The paper proposes the use of depth sensors and gesture recognition tools for analyzing the body movements of athletes during exercise. The goal is to assess training performance and decrease injury risk[6].

Detection of stop suddenly running using Support Vector Magnitude (SVM) algorithm, Monitoring ground force reaction (GFR) using Newton's laws for analysis of running gesture[7]. Male runner accuracy: 97% and Female runner accuracy: 94%[7].

Mean error of 34.5 mm in pose estimation compared to marker-based system. SportsPose dataset contains more dynamic movements than other datasets[8].

Background subtraction method along with Openpose pose estimation algorithm[9]. The paper implements fall detection based on human posture estimation using Azure Kinect DK depth camera. The fall detection method achieves high accuracy and practicality[9].

Methods used in this paper are NLP (Neuro-Linguistic Programming), NLU (Natural Language Understanding), Wearable technology, Sensor network, Facial expressions and gesture recognition. The results from this paper are towards exploring the relationship of NLP and NLU in sports. NLP-NLU helps sportspersons understand strategic commands from coaches. The use of NLU can reduce stress and enhance gaming strategies[10].

Conclusion

In conclusion, the convergence of gesture and poses analysis, advanced motion capture technology, and artificial intelligence heralds a new era in sports science and performance optimization. The ability to dissect athletic movements at a granular level provides unprecedented insights into the biomechanics of sports, offering a data-driven approach to injury prevention and rehabilitation. As we navigate through this review, we will delve deeper into specific applications, success stories, and potential challenges associated with the integration of gesture and poses analysis in the sporting world.

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