

Rehabilitation of Sports Injuries through Physiotherapy

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Abstract

The purpose of the study is how longer physiotherapy is useful to reduce the pain of sports players, certain injuries alike strain, sprain, dislocation are common in sports and remains longer in time and may cause to disturb the sports life of a players. Thus the instrumentalism, therapeutic treatment and guidance by the physiotherapist is necessary to get reduction of pain faster. The physically fit and person may present himself well in all activities, then the being un well, hence the use of physiotherapeutic modalities such as electro gadgets use of therapeutic modalities have become most important in the modern sports. Physiotherapy is a partial relaxation treatment for injured and help for the further treatment. Keywords: Exercises, therapeutic baths, treatment, use of electro gadgets, hydraulic.

Objective

The objective of the study was to determine the effect of exercise on non-sportsmen tested through pulse rate.

Methodology

Subjects The subjects were selected from the Rohtak local people. 25 subjects were purposely chosen for experiment from the

standard gym of Indore who were newly joined and 25 were chosen for control group. The age of subjects was between 18-25years.

Procedure

Selection of subjects

Selection of subjects are based on the pain severe of injured, through the understanding of the symptoms of concussion and its current protocols allows.

Treatment of chronic and acute injuries

- Medical screening and injury prevention
- Rehabilitation of the injured player
- Stretching before training or matches
- Muscle activation before training and matches
- Pre-match strapping and treatment
- muscle activation before the matches
- Medical cover at training sessions and matches
- The application of kinematic taping for muscle activation

- Assessment and decision making on continuing play.
- Management of blood injuries, sprains, contuses and hydration of the players.
- Immediate medical management on the field of play.
- Recovery sport massages, hydrotherapy pool sessions and recovery ice-baths or contrast baths after matches.

Medical screening and injury prevention

1. Individual session's liaising with management and conditioning of the team.
2. Introducing the players back from injury.
3. Reducing volume for players with chronic injuries.
4. Based on previous injuries and medical history of the player.
5. Biomechanical assessment identifying weak links and treatment rehabilitation programme.
6. In season. Liaising with management.
7. Building preventative exercises into gym routines.
8. Medical responsibility to the player.
9. Importance of compression and ice.
10. The use of evidence based muscle activation techniques to activate local and global muscle stabilizers before a game.
11. A personalized exercised to treat any restrictions or weaknesses.

Results and discussion

Rehabilitation is the process of bring relaxation among the players. The modalities of the new scientific evaluation in the field of sports sciences have emerged new dimensions of treatment to the injured. Therapy s like hydro therapy equipment, cold electro therapy treatment, heat and cold therapy treatment, multi exercises therapy equipment, suspension aids, traction aids, are the best exemplifies in order to treat. Various studies have shown that it is the part of modern sports and games where as world class sports personalities depends on the therapies.

Conclusion

Hence physiotherapist role is to improve the standard of physical fitness by the various methods of training and treatments. Hence would not be prone to ligament tears, tendon ruptures, fractures would be comparatively lesser than those of the none guided.

References

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