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SPORTS PHYSIOTHERAPY – A STEP TOWARDS ADVANCEMENT

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ABSTRACT

With the goal of introducing sports physiotherapy and its practitioners as a therapeutic option for athletes before, during, and after competitions, this article sets out to fill that gap in knowledge. Athletes' health is often jeopardised by the risk of injury they face in their sport, which is a top issue everywhere. The article's goal is to educate players and the general public on the need of sports physiotherapy in order to prevent or avoid injuries during practise and competition, which eventually enhances an athlete's performance. Nowadays, physiotherapy practises are included into an athlete's training regimen in order to help them improve their physical fitness. Athletes who have been injured might benefit psychologically from physiotherapy since it aids in their recovery and allows them to return to the field sooner.

INTRODUCTION

Modern-day consumers choose to emphasise the worth of sports above medication because of its many health advantages and fewer negative side effects. Despite this, we cannot ignore the fact that sports have gotten more harmful and more likely to result in injuries as the world has progressed, and this is something we must ignore. Physical therapy is a vital part of preventing and treating sports-related injuries, as well as helping athletes return to the field following an injury.

Physical therapies such as massage, heat therapy, cold therapy, and so on, are used to treat a variety of ailments, such as aches, pains, and deformities in the body. In addition to physical therapy, physiotherapy is a part of the allied health field of work. With increasing emphasis on scientific evidence and the use of mechanical force and movement, the field of physiotherapy has evolved into a vibrant and forward-looking career. It's important to note that, although physiotherapy encompasses many different subspecialties, the focus of this essay is on sports physiotherapy since it's an area that deserves special attention. Sports



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have permeated society and even served as a food source for some, given how popular they are across the globe. In order to prevent or cure sports-related injuries, sports physiotherapy is needed.

SPORTS PHYSIOTHERAPY

Sports physiotherapy is a subspecialty of physiotherapy that focuses on treating athletes' injuries and ailments. Injuries sustained when participating in sports are distinct from those sustained while participating in non-sporting activities. When athletes engage in high-intensity physical activities, their muscles, joints, and bones are put under a great deal of strain. In other words, sports physiotherapy aids in the recovery of injured athletes as well as the provision of information and tools to assist athletes deal with any problems they may encounter.

IMPORTANCE OF SPORTS PHYSIOTHERAPY

In order to maintain full range of motion, avoid injury, and compete for medals, a top athlete need round-the-clock monitoring by a professional individual known as a

physiotherapist throughout training sessions or even during competition. Athletes of all levels need to be under the supervision of a physiotherapist in order to keep their bodies in good shape and avoid additional injury. Physiotherapy may help athletes of any sport reach their full potential, regardless of their sport of choice. Movement control, rehabilitation, and mobilisation are all possible treatment options for athletes. It puts a lot of strain on the muscles and joints as an athlete goes through various phases. The body of an athlete is like a well-oiled machine that performs best when properly cared for. Physiotherapy may help you recover from training-related injuries and suffering. Physiotherapy may help an athlete attain his or her goals no matter how long they've been out of the game or how long they've been out of the field of play. An athlete's constant physical effort makes them more prone to injury when participating in a sport. It is the physiotherapist's job to assist avoid injuries and speed up the healing process if a sportsperson gets

BENEFITS OF SPORTS PHYSIOTHERAPY:

i. Enhance Physical Strength of the Athlete:

The physical strength of elite athletes is put to the test in tournaments, where they may take hits from other players, as in the case of boxing, rugby, basketball, and football. Athletes' muscles are placed under a lot of strain by these kinds of activity. Sports In order to

alleviate the athlete's stiffness and robustness, physiotherapy is used. This allows the athlete to withstand the high levels of material stress required by their sport by strengthening their bones, joints, muscles, and ligaments.

It aids in the process of relaxation:

Athletes are frequently worn out after enduring extended periods of intense training. Relaxation and energy restoration are the primary goals of physiotherapy.

Third, prevent accidents:



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These days Sport-specific physiotherapy clinics have been set up to cater to the needs of athletes in their respective sports. Based on training, the routine was created. Physiotherapist. To begin, the expert will measure your muscular endurance, joint mobility, and other physical attributes. In order to build a new training programme that would assist athletes improve their physical performance, they manufacture facts. There is a lower chance of individuals being stressed, strained, or tearing their ligaments because of the class.

sports injury treatment and rehabilitation

Accidents may happen to athletes no matter how much care and caution they use. A physiotherapist facilitates the athlete's quick recuperation. Every sports injury may be treated in a specific way. Sprained ankle and frozen shoulders may be treated with physiotherapy, which aids the patient in recovering more quickly from the trauma or strain.

EXTENSION OF THE APPLICATION:

Athlete-to-athlete communication:

Assisting athletes and team members to improve their chances of staying injury-free is an important part of the physiotherapist's job.

Prevention:

They should prevent all conceivable causes that might cause sports-related injuries, as well as those that could lead to further damage and its likely recurrence. Conditioning, training, and activation are all part of this process.

Recovery:

An athlete's callisthenics must be maintained as quickly as possible, expediting the biological processes of healing after injury, and off-putting the training as little as possible so that the athlete may rejoin the team with the greatest potential success.

Rehabilitation:

The goal of a sports physiotherapist is to help a patient regain their strength and mobility after an injury. The Sports Physiotherapist's job is to restore the athlete's functionality as quickly as possible by speeding up the body's natural healing processes, restricting training to the absolute minimum, and ensuring that the athlete is reintegrated back into the team with the highest possible expectations for success.

Teaching:

The Sports Physiotherapist should strive to improve all aspects of team sport training, including the knowledge that goes into training the best athletes in the world.

Research:

Sports Physiotherapists should do research that may help avoid injuries, improve the physiotherapist's ability to treat patients, and improve the team's overall performance.

SPORTS PHYSIOTHERAPIST'S ROLE DURING PRACTICE

Injury assessment and treatment on rest days. Anti-inflammatory treatment techniques. • Importance of compression and cold therapy. Regaining function and strength via intensive physiotherapy.

It's important to maintain whole body strength when rehabilitating an injury.



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by providing home activities, such as stretching and proprioceptive exercises, to prevent recurrence

- Warming up and stretching before a workout or game.

It is the job of the physiotherapist to ensure that the team warms up properly before a game in order to minimise the risk of injury.

Exercises that are shown to engage both local and global muscle stabilisers before a sporting event.

Pre-match strapping / procedures.

Prophylactic strapping is used by a huge number of athletes.

Kinematic taping may be used to activate muscles.

Several players are suffering from ailments that need pre-match treatment.

A medical team will be present at all training sessions and matches.

On-the-Spot Emergency Medical Treatment.

Determination of whether or not to continue playing.

Blood-related injuries, sprains, contusions, and hydration of the athletes are all addressed here.

- Preventing injuries via medical screening.

Considering the player's past medical history and injuries.

Assessment of biomechanics to identify weak points and a treatment/rehabilitation programme.

During the season, small groups rotate twice a week for prehabilitation treatments.

Sessions one-on-one.

- Communicating with the team's management on the severity of injuries and the team's overall fitness.

Introducing players that have been out for a while due to injuries.

Cutting down on practise for athletes with long-term ailments

The use of preventive activities into workout programmes.

☐ Fitness to play

☐ Medical responsibility to the player

Surgeons may be referred for scans or surgery as needed.

☐Hospitals and consultants have close ties, and the top surgeons in the area are employed.

☐Joint management of the athlete to guarantee a safe and speedy recovery

☐In the meanwhile, I'm having fun.

☐ The player's rehabilitation

☐Stretching and cooling off after a bout.

☐Massages for sports.

☐Swimming pool sessions for hydrotherapy.

☐Recovery ice baths or contrast baths after a match.

☐Sports massages, hydrotherapy sessions in the pool, and contrast baths after matches are all examples of post-match rehabilitation treatments.

☐In tournaments and matches, we provide psychological assistance.

☐When a player gets injured, he often feels alone.

☐The Rehab Center is a popular hangout among players.

☐Injured athletes spend more time with medical staff than their teammates. "

☐Athletes who have been injured will provide information to team doctors that they will not share with anybody else on the staff.



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Everyone on the team is aware that any interactions they have with the medical professionals are strictly private.

CONCLUSION:

It is the primary goal of the physiotherapist to help the athlete return to full health and avoid a recurrence of a similar injury in the future. The selection of the squad and its overall performance are frequently determined by the progress achieved in the player's recuperation. Before a game, a physiotherapist may help an athlete prepare for the competition ahead of time with specific exercises. It's not only about preventing or rehabilitating sports injuries; it's also about determining whether or not a player can return to the field at all. After a performance, several sports physiotherapy procedures are used to aid in the recuperation of athletes, which is critical to their ability to compete at a high level for the foreseeable future.

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