

Physiotherapy Is Better Treatment For Sports Injuries: A Physical Prospective

Dr. Purshotam

Assistant Prof.in Phy.Edu
Vaish college Rohtak Haryana

Abstract

Sports and Exercise Physiotherapists are involved in the prevention and management of injuries resulting from sport and exercise participation at all ages and at all levels of ability. These specialized physiotherapists provide evidence-based advice on safe participation in sport and exercise. Furthermore, they promote an active lifestyle to aid individuals in improving and maintaining their quality of life. Sports and Exercise Physiotherapists also play a huge role in helping athletes of all ages and all levels of ability to enhance their performance. Sports physiotherapists work in a variety of settings. Many work with active recreational “athletes”, social and club level sport in the clinic setting, and may attend training sessions. Sports physiotherapists with advanced knowledge and skills also work with more elite athletes, working and travelling with individuals or sports teams, integrating their services with other medical professionals, coaches, strength and conditioning personnel and other support staff . Within professional sport, many sports physiotherapists also work within sporting organizations to coordinate physiotherapy, injury prevention, rehabilitation and injury surveillance programmes. Present paper has also been to analysis the sports physiotherapy are main objective of the study. Data has been collected from primary sources and analysis with the help of effective methods and tables. The detail analysis has been given in full paper.

Introduction

The basic function of Physiotherapist in Sport is the application of treatment by physical means: electrical, thermal, mechanical, hydraulic, and manual therapeutic exercises with special techniques. Based on the definition of the WCPT * on Physiotherapy in Sport, this is the set of methods, techniques and performances, which through the use and application of physical agents prevent, recover and readjust to persons with locomotors, produced by sport or exercise at different levels. Sports Physiotherapy is the specialized branch of physiotherapy which deals with injuries and issues related to sports people.

Sports injuries do differ to everyday injuries. Athletes normally require high level performance and demand placed upon their body, which stresses their muscles, joints and bones to the limit. Sports physiotherapists help athletes recover from sporting injuries, and provide education and resources to prevent problems.

Each sports physiotherapist usually has sport-specific knowledge that addresses acute, chronic and overuse injuries. Their services are generally available to sports men and women of all ages engaged in sports at any level of competition.

Sports physiotherapists are involved in prevention and management of injury resulting from sport and exercise participation at all ages and levels of ability. Sports physiotherapists provide advice on safe participation, promoting an active lifestyle to help all individuals improve and maintain their quality of life. Sports physiotherapists also have a role in helping those involved in sport and recreational activity to enhance their performance. Sports physiotherapists work within codes of professional and ethical practice. Sports physiotherapists engage in ongoing continuing professional education, and in New Zealand, Advanced Practitioners in Sports and Orthopedic Physiotherapy have been identified who have undertaken more advanced training and professional development in this area.

Objective of the study

The present work has been undertaken with following main objectives:

- To know the role of physiotherapy in sports
- To evaluate the physiotherapy is essential for players.

Research Design and Methodology

The present study has been carried out through inductive and empirical approaches. Data pertaining to various attributes of population shall be collected from s primary sources. Based on sample survey, 5 per cent households have been taken from each and every player of the town for detail analysis for which a questionnaire schedule has been prepared keeping in view that each and every aspect of physiotherapy in sports and its impact on players performs.. An attempt have also been made to highlight and interpret the data by applying suitable statistical techniques and also displayed through tables etc.

Sources of Data Collection

For the purpose of data collection and to get other require information related to the research study primary data have been collected with the help of primary sources like questionnaire which is filed with the help of sports persons.

Data analysis and results

The data were analysis with the help of some following statistical techniques. in order to know the nature of data, measure of t – test were used

Table 1 Physiotherapy is essential for batter development of sports

Players	Mean	S.D	D.F	t- Value
Under 16 age Group	98.30	1.42	1	14.02
Above 16 age Group	98.10	2.18		

Significant at level .05 Tabulated t-value at 0.05 =12.71

Table 1 indicates that significant differences was found between the mean scores of under 16 and above 16 age group as the t – value was found 14.02 which is more than the tabulated value 12.71 at 0.05 level of significance. So the hypothesis was accepted. It shows that Physiotherapy is essential for batter development of sports

Table 2 physiotherapy play a major role in players performance

Players	Mean	S.D	D.F	t- Value
Under 16 age Group	44.43	10.33	1	13.22
Above 16 age Group	58.4	9.14		

Significant at level .05 Tabulated t-value at 0.05 =12.71

Table 2shows that significant differences was found between the mean scores of under 16 and above 16 age group as the t – value was found 13.22 which is more than the tabulated value 12.71 at 0.05 level of significance. So the hypothesis was accepted. So physiotherapy play a major role in players performance

Major findings and suggestions

After calculated the result some major findings are given below

Sports physiotherapists are involved in prevention and management of injury resulting from sport and exercise participation at all ages and levels of ability

Sports injuries do differ to everyday injuries. Athletes normally require high level performance and demand placed upon their body, which stresses their muscles, joints and bones to the limit.

Some important suggestions

Sports physiotherapists help athletes recover from sporting injuries, and provide education and resources to prevent problems.

Sports physiotherapists provide advice on safe participation, promoting an active lifestyle to help all individuals improve and maintain their quality of life.

Sports physiotherapists also have a role in helping those involved in sport and recreational activity to enhance their performance. Sports physiotherapists work within codes of professional and ethical practice.

Conclusion

Sports injuries do **differ to everyday injuries**. Athletes normally require high level performance and demand placed upon their body, which stresses their muscles, joints and bones to the limit. Sports physiotherapists help athletes recover from sporting injuries, and provide education and resources to prevent problems.

Each sports physiotherapist usually has sport-specific knowledge that addresses acute, chronic and overuse injuries. Their services are generally available to sports men and women of all ages engaged in sports at any level of competition. Physiotherapy plays an integral part in the multi-disciplinary approach to the management of sports injuries. The aim of physiotherapy is to treat and fully rehabilitate the athlete post-injury, post-operatively, to prevent further injury and to return the athlete to sport in the shortest possible time.

References.

Brown WJ. Individual or population approaches to the promotion of physical activity...is that the question? *J Sci Med Sport* 2006;9:35–7.

Department of Health and Social Security. (Cochrane A) Report of the Working Group on Back Pain. London: HMSO; 1979.

Moffett J, McLean S. The role of physiotherapy in the management of non-specific back pain and neck pain. *Rheumatology* 2006;45:371-8.

Sweetman BJ, Heinrich I, Anderson JAD. A randomised controlled trial of exercises, short-wave diathermy and traction for low back pain, with evidence of diagnosis-related response to treatment. *J Orthop Rheumatol* 1993;6:159-66.

Sweetman BJ. *Low Back Pain, some real answers*. Harley, UK: TFM Publishing;2005. Sorensen JB, Skovgaard T, Puggaard L. Exercise on prescription in general practice: a systematic review. *Prim Health Care* 2006; 24:69–74.