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## 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 like 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 instrumentalize, 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.

### Introduction

Pulse rate is frequently used as a measure of a person's physical fitness. A low resting pulse rate is usually taken as an indication that the person is physically fit. A person's pulse rate increases with physical activity, and this increase is often monitored during exercise to ensure that he or she is working out at the correct level of exertion. The study was delimited to sedentary individuals between the chronological age 30-40 years of males of Sirsa. The study was further delimited to the pulse rate only. Certain factors like life style, routine work, diet etc. may have affected the results of this investigation acted as limitation for the study.

### 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 Sirsa 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 30-40 years.

### Procedure

The ultimate aim of physiotherapist is to alleviate pain and restore confidence among the players unless he returns the body to the natural state. Physiotherapy includes the assessment diagnosis, injury management, prevention and rehabilitation of the sports person. The basic function of the physiotherapist is the application of treatments by physical means. He uses electrical, thermal, mechanical, hydraulic, and the manuals for the treatment. The physiotherapist focuses on the field of sports and physical activity. Physiotherapist carefully plans progressive exercise program which allows the athlete or student to return to the sport in a safe manner, reducing the risk of re- injury.

### 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.

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### **Screening & assessment**

- Flexibility
- Balance
- Muscle strength and weakness
- Core control
- Agility
- Stamina
- Power
- To preventive injury
- To identify the causes of injury
- Improve posture especially with increased use of computers and tablets
- To design a tailored fitness programme
- Functional movement patterns
- joint mobilization and manipulation
- Trigger point massage release
- Soft tissue massage
- Starching exercise regime
- Foam roller exercise

### **Materials and methods**

#### **Prevention**

The physiotherapist will be alert to avoid as far as possible all those factors that might bring up injuries general and of each particular of sport. Associated injuries and or consequences if injury primary, and its possible recurrence, this includes conditioning, training and pre-match activation.

#### **Recovery**

The physiotherapist will regain the functionality of the athlete as quickly as possible acceleration the biological processes of recovery from injury, limiting the athlete or sports persons training as little as possible and ensure that they are reinstated to the team with the greatest prospects for success

#### **Rehabilitation**

The physiotherapist aim after recovering from injury will be to put effort into the recovering of muscle strength and mobility by ading passive & active exercise, prevention of recurrence by giving home exercises, stretching and proprioception exercises.

#### **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**

- Individual session's liaising with management and conditioning of the team.
- Introducing the players back from injury.
- Reducing volume for players with chronic injuries.

- Based on previous injuries and medical history of the player.
- Biomechanical assessment identifying weak links and treatment rehabilitation programme.
- In season. Liaising with management.
- Building preventative exercises into gym routines.
- Medical responsibility to the player.
- Importance of compression and ice
- The use of evidence based muscle activation techniques to activate local and global muscle stabilisers before a game.
- A personalised 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 comareatively lesser than those of the none guided.

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