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## Sports medicine

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### Abstract

Sports medicine is a branch of medicine that deals with physical fitness, treatment and prevention of injuries related to sports and exercise. Sports Medicine is a connection between science and practice in the promotion of exercise and health and in the scientific assessment, study and understanding of sports performance. Sports injury prevention and treatment, exercise for health, drugs in sport and recommendations for training and nutrition come under sports medicine. The goal of sports medicine is to help people engage in exercise safely and effectively in order to achieve their training goals. Exercise or sports science is the study of the principles of physiology, anatomy, and psychology as they relate to human movement and physical activity and thereby to sports medicine. Exercise science mainly deals with clinical research including the impact of performance-enhancing drugs, physiological responses to exercise and comparative effectiveness of exercise techniques.

**Keywords:** Sports, medicine, exercise, injury

### Introduction

Sports medicine is not a medical specialty in itself. Most sports medicine healthcare providers are certified in internal medicine, emergency medicine, family medicine, or another specialty. They then get additional training. Sports medicine healthcare providers have special training to restore function to injured patients so they can get moving again as soon as possible. They are experts in preventing illness and injury in active people. Sports medicine healthcare providers do work with professional athletes. But they also treat children and teens involved in sports and adults who exercise for personal fitness. Others specialize in treating injuries in children and teens, whose growing bodies can be quite different from those of adults. Sports medicine healthcare provider are supported by:

1. Nutritionists. They may help with needed weight loss or weight gain. They can provide dietary advice to help people improve their physical functioning.
2. Physical therapists. They help people rehabilitate and recover from injuries.
3. Certified athletic trainers. These trainers provide rehab exercise routines to help patients regain strength. They also develop conditioning programs to prevent future injury.

Sports medicine healthcare provider is required for injuries such as:

Ankle sprain, Fracture, Knee and shoulder injury, Tendonitis, Exercise-induced asthma, Heat illness, Concussion, Eating disorder, Cartilage injury etc. Sports medicine healthcare providers can also give advice on nutrition, supplements, exercise, and injury prevention. If there is major injury during exercise or sports, it's probably best to seek care right away at an emergency room. Don't wait to see a sports medicine specialist. Signs of a major injury include severe pain, swelling, numbness, and an inability to put any weight on the injured area. Most sports injuries do not need surgery. Treatment for a sports injury can include taking pain relievers, putting ice on the injured area, and keeping it immobilized with a cast or sling. In some cases, surgery may be needed to fix torn tissue or realign bones.

Sports medicine specialist focuses on the medical, therapeutic, and functional aspects of exercise and works directly with athletes to improve their overall sports performance. The title of "sports medicine specialist" does not necessarily mean the specialist is a physician. It can be applied to any number of disciplines for which sports medical practices are used.

Sports medicine physicians are medical doctors who specialize in the diagnosis and treatment of sports- or exercise-related injuries and illness.

While many sports medicine physicians work exclusively with athletes, the majority will work with anyone who needs treatment after a sports injury. Most sports medicine physicians deal with non-operative musculoskeletal conditions. Others are orthopaedic surgeons who have decided to focus their practice on the surgical treatment of sports injuries. Beyond muscle, bone, and joint injuries, a sports medicine physician will be qualified to treat any number of other associated conditions, including - Concussion and other head injuries, Chronic or acute illness, Nutrition, supplements, ergogenic aids, and performance issues, Injury prevention, Return to play decisions in injured athletes

Sports Psychologists deal with mental and emotional needs of athletes and sports enthusiasts. It is not uncommon for professional sports teams to employ a full-time psychologist to help prepare the team for competition or to overcome emotional challenges that can impede performance. Because athletes face unique stresses, a sports psychologist can help regulate anxiety and improve focus in a way that is specific to their sport. They will use a variety of psychology tools and skills (including psychotherapy, stress management, and goal-setting) to help athletes maintain a strong emotional balance during competition or recovery from a severe sports injury.

#### Careers

There are many job opportunities in sports medicine and related fields. Those pursuing degrees in sports medicine or science often work in a clinical, academic, or service-oriented setting. Others are employed by sports organizations or practice on a freelance basis. Colleges and universities have begun to aggressively add sports medicine programs to their curriculum. Only a few years ago, you would be hard-pressed to find much selection. Today, there are undergraduate and post-graduate degrees specific to sports medicine, exercise science, kinesiology, sports coaching, and a variety of other sports-related fields.

#### Conclusion

Sports medicine, also known as sports and exercise medicine (SEM), is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. The field of sports medicine is growing, and the variety of specialists needed to work with athletes will continue to grow as well. As research and innovation in sports medicine continue, so too will their areas of application in healthcare practices.

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