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Dr. Sanjeet Malik
Director, Physical Education,
BPSMV, Khanpur Kalan,
Haryana, India

Effect of rehabilitation programme on injuries

Dr. Sanjeet Malik

Abstract

Injuries are widespread in games. Muscle, joint, skin, bones, tissues and nerves get injuries recurrently. Injuries like sprain, strain, contusion, fractures and dislocations shall be handled correctly lest the player become disabled. Instant and good care and quick revival help a player to recover his shape. This can be improved through a positive rehabilitation program which consist of various therapeutics like exercises and yogic asana which shall carry on till revival. There are more than a few kinds of therapeutics, inert lively, assist and resisted movements and massages adopted in rehabilitation. The rehabilitation program shall be conducted methodically under the management of a coach or analyst.

Keywords: Rehabilitation, sports, injuries, joints and therapy

Introduction

Injuries are a common occurrence in game and sports. It is an ordinary characteristic among the players throughout their sports vocation. Injuries are connected to influence, joints, pelt, bones, tissues and nerves. If injuries like sprain, strain, fractures, dislocations, etc. are not appropriately managed, the player becomes disabled. Suitable and instant treatment should be provided to the injured player for rock-hard retort to the sports field. Appropriate action and immediate recovery is necessary for a player to recuperate innovative form. This can be probably through an effective rehabilitation programme. Rehabilitation is a procedure through which the implementation of injured player is restored to his full impending. It consists of various therapeutic modalities like exercises, and practice of yogic asanas which are executed without holdup after injury and sustained till full recuperation.

Rehabilitation Plan

The rehabilitation plan must take into explanation the fact that the objective of the athlete is to revisit to the same commotion and the surroundings in which the wound occurred. Efficient capability after rehabilitation should be the similar, if not improved, then before wound.

Therapeutic Exercise

Amongst all the therapeutic modalities calisthenics play a fundamental role in dealing with the injuries. Beneficial exercise is defined as a set of bodily actions to reinstate exact functions of a being anguish from physical disorders. Therapeutic movements have engaged high flying place not only is surgical rehabilitation, but in the avoidance and care of musculoskeletal disturbance, many trainers opt for them in the first place. The reason of such pressure group is to recover the mobility in the joint by preventing sticking together configuration. Such actions are usually approved out in those luggage anywhere an active and full movement causes aches and uneasiness. Active actions are performed completely by the upset actor, but under the management of the therapist. Lively activities should be independently intended for each player according to his chosen skills.

Types of Injury

- Soft tissue injuries.
- Hard tissue injuries.
- Overuse injuries.
- Head and neck injuries.

Corresponding Author:
Dr. Sanjeet Malik
Director, Physical Education,
BPSMV, Khanpur Kalan,
Haryana, India

- Primary, secondary and tertiary prevention.
- Season analysis.
- Preseason screening.

Principal of Rehabilitation

- Timing
- Observance
- Avoid aggravation
- Individualization
- Total Patient
- Concentration

Why is it important to respect recovery time after an injury?

If you're an athlete, odds are, you may need to see a chiropractor or physical rehabilitation whiz at some tip throughout your occupation. In fact, sports injuries are one of the most widespread forms of injury in the India. sports injuries occur all the time, particularly in contact sports like Football, and good care is necessary in arranging to completely get well and obtain rear to the game. While the methods of rehabilitation differ, one obsession is clear: it is active in serving injured athletes recover their power and bodily possible.

Physical rehabilitation after a sports injury can provide the following benefits:

- Decreased tissue irritation
- Improved tissue curative
- Condensed deterioration and risk of injury
- Increased balance and coordination
- Increased joint health
- Spinal and extremity pain relief
- Increased mobility and range of motion
- Relief of muscle spasms
- Strengthening of weakened muscles

Conclusion

A rehabilitation program is indispensable for injured players and it should be conducted under the specialists. So that it will go a long method in boosting the power and spirits of the injured players. With this diminutive school work/surveillance, we can say consequences and authority of rehabilitation program must be there or injured players in recuperate his innovative form.

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