

Primary Care Sports Medicine

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Introduction

Sports medicine is a field of medicine which deals with physical health and the care and prevention of sports and exercise associated injuries, often referred to as sports and exercise medicine (SEM). In order to meet their training aims, the aim of sports medicine is to help athletes succeed in exercise safely and efficiently.

A variety of physical injuries are handled by sports medicine practitioners, including traumatic injuries such as fractures, dislocations, sprains, and strains. Chronic overuse wounds, including tendonitis, degenerative disorders, and overtraining syndrome, are also treated by these practitioners.

Sports medicine is not in itself a medical discipline. It comes in a combination of general medical education and specific sports science, physiology of fitness, orthopedics, biomechanics, diet of sports, and psychology of sports values. Most practitioners in sports medicine are trained in general medicine and/or another related specialties. Then they undergo extra training. Health and non-medical practitioners, including physicians, surgeons, athletic trainers, sports counselors, physiotherapists, nutritionists, coaches, and personal trainers, will be included with a sports medicine unit.

Public Health

Sports medicine practitioners are actively involved in advocating the psychological effects of physical activity, fitness and sport for individuals and populations. In the United Kingdom, sports medicine practitioners devote a period of their research in public health and counsel public health doctors on topics related to the development of physical activity.

Common Reasons to Visit a Sports Medicine Practitioner

You can visit a sports medicine practitioner for injuries like:

- Sprain on Foot
- Any fracture
- Injury to the knee and elbow
- Tendonitis
- Asthma caused by exercise
- Heat cramps/syncope/exhaustion
- Concussions/brain injury
- Eating disorders (anorexia, bulimia and binge-eating)
- Injury of Cartilage (joint pain, stiffness, inflammation)

What and When to Contact a Healthcare Provider for Sports Medicine

When you have a serious injury during training or activities, it is usually safest to get treatment in a nearest hospital pretty quickly. Don't wait to see a specialist in sports medicine. Extreme discomfort, inflammation, numbness, and an unable to place any weight on the injured region include symptoms of a serious injury.

Many injuries in athletics do not require treatment. Sport injury care may include having pain killers, adding ice on the wounded region, and holding it in a brace or sling immobilized. Surgery may be required to repair broken tissue or realign bones in certain circumstances.

Education and Training

In areas similar to sports medicine, there are various career opportunities. Pursuants in science and sports medicine often work in educational, clinical or service-oriented settings. Others are hired on a freelance basis by athletic associations or work.

In recent years academic institutions have started a large number of sports medicine curriculums. A couple of years back it was difficult to get these courses for study. Sports medicine is now recognised in over 30 countries worldwide as a medical specialty, and in many others as a recognized subspecialty. Today there are ample of opportunities to study sports medicine, physical education, kinesiology, sports training and coaching, and a variety of other sports-related fields at graduation and post-graduation levels.

The area of sports medicine is budding, and the number of experts required to work with athletes will also continue to grow. If sports science research and invention of new things continue, so too will their fields of use in medical and non-medical activities.

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