

Sports Medicine and Exercise Physiotherapy: An Overview

Rekha M

Department of Pharmacy, Jawaharlal Nehru Technological University, India

Corresponding Author*

Rekha M

Department of Pharmacy, Jawaharlal Nehru Technological University, India.

E-mail: desai.rek@gmail.com

Copyright: 2021 Rekha M, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 22 February, 2021; **Accepted** 29 June, 2021; **Published** 30 June, 2021

Sports Medicine

Sports medicine is a branch of medicine that deals with the treatment of injuries sustained while participating in sporting activities. A sports medicine practitioner specialises in sports-related medical treatments. Preventative methods like fitness and safety features, as well as treatments like orthopaedic manipulation, physiotherapy, and injections, may be used. Athletes with back discomfort are frequently treated by sports medicine specialists owing to strain and damage to the back caused by numerous sports such as biking, lifting weights, running, and golf [1].

In the promotion of fitness and health, as well as the scientific evaluation, research, and knowledge of athletic performance, Sports Medicine bridges the gap between science and practise. Sports injury prevention and treatment, exercise for health, medications in sport, and training and nutrition suggestions are all regular features.

Sports medicine integrates standard medical training with sports science, exercise physiology, orthopaedics, biomechanics, food and nutrition, and sports psychology concepts. Medical and non-medical experts, such as physicians, surgeons, fitness trainers, sports psychologists, physical therapists, nutritionists, trainers, and personal trainers, may be part of a sports medicine team [2].

A sports medicine expert works with athletes to enhance their entire sports performance by focusing on the medical, rehabilitative, and functional elements of exercise. The term "sports medicine specialist" does not always imply that the person is a doctor. It may be used to a wide range of sports medical specialties [2].

Physiotherapy

Physical therapy is an exercise programme for those who have been paralysed or have limited mobility and flexibility. Patients are taught how to use their own muscles to improve flexibility and range of motion while also increasing physical fitness. Modalities, or passive physical treatment, such as electrical stimulation, heated packs, cold compresses, and ultrasound are frequently used in physical therapy to alleviate pain and reduce swelling. Traction or deep-tissue massage might also help with pain relief. Therapists educate patients how to utilise assistive and adaptive equipment (such as crutches) as well as exercises to undertake at home when necessary [1].

Sports Medicine: Need of the Hour

Sport and Physical Activity with an increasing number of physiotherapists wishing to work in this broad and fascinating industry, physiotherapy is now recognised as a specialty area. As part of a healthy life style, many are encouraged to participate in sports and exercise. Although this offers a variety of global health advantages, there is a danger of harm as a result. Sport injuries are currently a prevalent presentation for health professionals; these injuries provide a distinct challenge in terms of aetiology, treatment, and recurrence risk. Pages on Sports and Exercise Medicine may be found in this category.

Physiotherapists who specialise in sports and exercise operate in a number of contexts. In private practise or clinic settings, many work with active recreational athletes. They can also take part in social and club sports, as well as training programmes. In competitive and professional sports, sports and exercise physiotherapists frequently work with elite individual players or teams, combining their services with other medical experts, trainers, physical training workers, and other support people. Sports and exercise therapists are also engaged in coordinating physiotherapy services, pain management, rehabilitation, and injury surveillance programmes within various athletic organisations [3].

A sports physiotherapist's ability to recognise probable causes of injury and create sports-specific rehabilitation programmes will increase if they are familiar with the demands and technical components of the activity [3].

References

1. Spine Health "Sports Medicine Definition" Retrieved from <https://www.spine-health.com/glossary/sports-medicine>
2. Quinn, E. "An Overview of Sports Medicine" (2021). Retrieved from <https://www.verywellfit.com/sports-medicine-4014645>
3. Physiopedia "The Role of the Sports Physiotherapist" https://www.physio-pedia.com/The_Role_of_the_Sports_Physiotherapist#cite_note-1-1