

# SPORTS INJURIES

## SPORTS PHYSIOTHERAPY

SPORT IS A VITAL PART OF THE INDIAN LIFESTYLE - IT PROMOTES GOOD HEALTH, STRESS RELIEF AND IS FUN. SOMETIMES INJURIES MAY OCCUR THROUGH SPORT, BUT FORTUNATELY MOST INJURIES CAN BE EFFECTIVELY TREATED BY YOUR PHYSIOTHERAPIST. PHYSIOTHERAPY TREATMENT WILL ENABLE YOU TO RETURN SAFELY TO YOUR SPORTING ACTIVITY MORE QUICKLY THAN JUST 'REST AND SEE WHAT HAPPENS'. YOUR PHYSIOTHERAPIST CAN ALSO PROVIDE ADVICE TO PREVENT SPORTING INJURIES.



### COMMON INJURIES

- Bruises.
- Ligament sprains.
- Joint injuries.
- Over-use injuries.

### WHAT GOES WRONG?

Most sporting injuries are a result of a direct blow (bruise or contusion) or an indirect force like a twist (sprains, strains, tears). Some injuries are due to over-use stresses (tendinitis, stress fractures).

### HOW CAN YOU MINIMISE YOUR INJURY?

- Correct warm up and warm down procedures.
- Protective strapping or bracing.
- Correct footwear and sporting equipment.
- Specific conditioning for your particular sport.
- Good aerobic fitness.
- Good muscle control and reactions.

### GETTING BACK INTO ACTION

Before you can safely return to your sport it is essential to regain strength, mobility, balance and co-ordination. Your physiotherapist will assess these areas and show you how to improve them.

### **The Indian Association of Physiotherapists**

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Web : [www.physiotherapyindia.org](http://www.physiotherapyindia.org)





## SPORTS PHYSIOTHERAPY MANAGEMENT

The sports physiotherapist identifies the problems of the joints, muscles, ligaments and does the management with the manual adjustments of joints, muscles and ligaments specifically.

The managements are done also with taping techniques, ultrasound, Transcutaneous Electrical nerve stimulation, Theraband/tube trainings, shoe modifications and core stability trainings as per the requirement of the sports person.

## HOW PHYSIOTHERAPY CAN HELP

Physiotherapists are highly qualified and trained in the assessment and treatment of sports injuries. As they have comprehensive knowledge of biomechanics, tissue injury and healing, many physiotherapists are appointed to sports teams to monitor the rehabilitation of injured players and assist with preventing injuries.

## WHAT SHOULD I DO AFTER AN INJURY?

As soon as possible, and for 72 hours after injury, use the RICE method:

Rest	Take it easy and only move within your limit of pain.
Ice	As soon as possible, and for 20 minutes every two hours, apply ice or a frozen gel pack wrapped in a damp towel. This helps to control bleeding and pain and reduces secondary tissue damage.
Compression	Firmly bandage the injury. This helps to control swelling.
Elevation	As much as possible, elevate your injury higher than the level of your heart to reduce swelling.

See your local physiotherapist especially if there is pain and swelling after 24 hours (No referral is needed).

## REHABILITATE

Recovery can start very early after an injury. Physiotherapy rehabilitation techniques will accentuate the recovery, so that you can safely return to sport faster. Rehabilitation also facilitates a good quality repair and the return of normal joint muscle and nerve functions.

Avoid any of the HARM factors in the first 48 hours to prevent increased swelling and help your recovery:

- Heat
- Alcohol
- Running
- Massage.



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**The Indian Association of Physiotherapists**

The Indian Association of Physiotherapists (IAP) is the professional voice for Physiotherapists in India. The Indian Association of Physiotherapists is a member of the World Confederation for Physiotherapy. IAP recognizes various undergraduate and Post graduate colleges as per the IAP guidelines prepared by professional stalwarts. The graduates completing their education from the recognized colleges are eligible to be member of IAP and allowed to practice physiotherapy. The graduates passing from the non IAP recognized colleges write the qualifying examination and once they clear the examination are eligible to take IAP membership.

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