

PARAMETERS OF SPORTS PHYSIOTHERAPY AND ROLE OF SPORTS PHYSIOTHERAPIST IN CURRENT SITUATION

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ABSTRACT

This paper discusses about the basic parameters of the sports physiotherapy and roles of the physiotherapists. Sports injuries, remedies, treatments, precautions to be taken are also focused in the paper. Sports and Exercise Physiotherapists are involved in the prevention and management of injuries resulting from sport and exercise participation at all ages and at all levels of ability. These specialized physiotherapists provide evidence-based advice on safe participation in sport and exercise.

Keywords: Sports Physiotherapy, Sports Physiotherapist, Cryptotherapy, Sports injury, treatment and their general principle and indication.

Introduction:-

Sports and Exercise Physiotherapists are involved in the prevention and management of injuries resulting from sport and exercise participation, at all ages and at all levels of ability. These specialized physiotherapists provide evidence-based advice on safe participation in sport and exercise. Furthermore, they promote an active lifestyle to aid individuals in improving and maintaining their quality of life. Sports and Exercise Physiotherapists also play a huge role in helping athletes of all ages and all levels of ability to enhance their performance. Sports and exercise physiotherapists often work in the elite athlete setting in competitive and

professional sports, working and travelling with elite individual athletes or teams, and integrating their services with other medical professionals, coaches, strength and conditioning personnel and other support staff.

Role of Sports and Exercise Physiotherapy:-

Sports physiotherapist in the promotion of safe Physical activity participation, provision of advice, adaptation of rehabilitation and training interventions, for the purposes of preventing injury, restoring optimal function, and contributing to the enhancement of sports performance. The International Federation of Sports Physical Therapy (IFSPT) has identified competencies

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that is required for sports and exercise physiotherapists. Along with these competencies are a set of specific skills or standards that needs to be upheld. These competencies and standards are related to the various overlapping roles that the sports and exercise physiotherapist fulfill the various roles and competencies.

Athletes have a clear, but sometimes limited, understanding of the role of the sports physiotherapist. They see the role of the sports physiotherapist as mainly injury focused. In interviews with athletes on the role of the sports physiotherapist the following four themes emerged.

Parameters of Sports physiotherapist :-

0. Being professional
1. Good personal qualities
2. Being accessible
3. Good communication skills
4. Have an interest in the athletes that they are working with
5. Being open-minded with regards to athletes' ideas regarding their management and the use of other practitioners.

What does sports physiotherapist do?:-

Athletes have a clear, but sometimes limited, understanding of the role of the sports physiotherapist. They see the role of the sports physiotherapist as mainly injury focused. In interviews with athletes on the role of the sports physiotherapist the following four themes emerged.

0. Injury treatment
1. Injury prevention
2. Rehabilitation
3. Performance enhancement

Physiotherapist treatment Technique:

Athletes feel that the following treatment techniques are beneficial^[7]:

- Mobilisation
- Massage
- Manipulation
- Exercise prescription
- Acupuncture
- Taping

Treatment technique in Sport injury :

GENERAL PRINCIPLE:-

In the utilization of therapeutic modalities the athlete trainer should consider

1. The injury:- its type & severity & the anatomical site.
2. The modality:- indication & contra indications
3. Operation of the modality:- individual treatment time & its frequency, & operational procedure: a) Warm up b) Safety procedures c) instruction to the athlete
4. Treatment & progress records

A) ULTRASOUND:

Ultrasound therapy is associated with the transference of sound waves into the body.