
EXERCISE AND INJURY REHABILITATION

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Abstract :

Today's era is a competitive modern era. In games and sports competition athletes faces physically sports injuries. The athlete's day to day problems are not solved due to lack of knowledge and create a lot of problem to the athletes. Due to this the athletes are avoiding to show their elite performance and ultimately performance level of an athlete comes down in various games and sports.

The purpose of the present study to provide the opportunity for any health practitioner regardless of specialty to explore the possible use of conservative management in the treatment and rehabilitation of injured athletes. It is not possible to have all sophisticated rehabilitation may not be available to every athletes may not always represent the most cost-effective road to recovery. It has been included methods of providing rehabilitation that one easily procured, inexpensive and in many cases can be performed by the athletes at home or at the training places. It's believe that the future will bring a comprehensive delivery of care to the athlete, in which delineations of health are specialty will becomes less important than the concerted efforts to address aspects of injury diagnosis, prevention treatment rehabilitation as a team.

Key Words: Exercise, Sports Injuries, Contents of Rehabilitation, Fitness and health, Healing

Introduction :

Exercise plays an important role in athlete's performance and exaggerate the performance. It improves wise nutrition and crumbles with nutritive deficiency. Inadequate water intake has by far the most immediate and serious debilitating effect on performance. An Athlete's exploits can be not only improved through proper nutritional practice but also harmed through malpractice.

Exercise is a proven way to increase self-esteem. Being involved in exercise is one way for teenagers to cope with this changing time in their life. Adolescents and young adults, both male and female, benefit from exercise. Researcher found that benefits of regular exercise produce strong healthy bones and muscles, reduce the risk of obesity and chronic diseases and reduces feelings of depression and anxiety promoting psychological well-being. It can improve self- image, self-confidence, mood, relieve stress tension and premenstrual tension, increase alertness, energy and ability to cope with stress. Exercise on a therapeutic intervention had the greatest positive impact on the self-esteem of emotionally disturbed youth.

Sports has, in fact come to play an increasingly important role in modern society,

though its origins date back to the dawn of man. The quest for sport excellence in our country has become very popular.

Fitness and health professionals are interested in development of lifetime exercise pattern among youths and adults in our society. Sports and games participation has increased considerably among youths of our country.

Injury, while typically an external stressor, can also effect internal stress. Injured athletes may have negative emotions surrounding their injury, causing them more than just physical stress. These problems become magnified during rehabilitation; an athlete who is experiencing a lot of internal stress may not get through rehabilitation as quickly as possible. Healing may start to feel impossible and overwhelming, the athlete may want to give up and not work through the game. Once an athlete overcomes his injury, he may continue to experience internal stress by worrying about reinjuring himself.

The injuries are not common for game to game or sport to sport, for all age groups and both sexes. It has been accompanied by a significant increase in the number of injuries sustained by these athletes. Most of these injuries are minor sprains, strains and bruises and many are due to overuse rather than to external force. There is no doubt that the field of athletic injuries and rehabilitation has increasing recognition as a specialty in the health care profession.

Causative factors of Sports Injuries :

Sports injuries can be classified by their cause.

Classification according to the causes of Sports injuries.

A] Primary Sports Injuries :

1) Direct/Extrinsic Injuries :

- Human body contact.
- Due to sports equipments e.g. Hockey Stick, ball, Cricket ball

Example : Extrinsic injuries are due to causes outside the athlete's own immediate control.

2) Indirect/Intrinsic Injuries :

- Instantaneous or Acute Abrasions, Contusions, Dislocations, Fractures.
- Over use : Stress fractures, Arthritis, Tennis elbow etc.
- Common indirect injuries are sprained ankles and torn hamstring muscles. Intrinsic injuries are derived from the athlete's own actions and most of the time due to faulty techniques.

3) Over Use : Usually associated with excessive and repetitive use of muscle-tendon unit.

(example : caused by long distance running.)

B] Secondary Sports Injuries :

- Short term
- Long term

Rehabilitation :

Definition

“ Rehabilitation is the restoration of normal form and function after an injury. Recovery of injured or ill persons up to the best possible degree of physical, mental and professional fitness.”

Rehabilitation in sports means recovery of injured or ill sportsmen up to fitness (physical) for training and competition by specialized coaches and medical doctors of sports medicine. Rehabilitation restores full flexibility, strength, endurance and motion to an injured athlete. Rehabilitation and conditioning of a particular body part should be accompanied by exercise of the rest of the body, specially the cardio-vascular pulmonary system. If injured, begin to exercise the uninjured parts as soon as actively as your injury allows.

The frequency, duration, length of exercises and weights recommended in this section are averages and should not replace the instructions of your doctor or trainer, you must not begin rehabilitation exercises following any serious injury , such as fracture, dislocating, or 2nd or 3rd degree sprain, until you have clearance from your doctor. Beginning too soon may cause permanent or retard full recovery.

The Contents of Rehabilitation :

Rehabilitation is necessary :

- To keep morphological and functional adaptation to physical exercise.
- To regain physical fitness.
- To avoid atrophy of the injured side by exercises with the non-injured side -arms or legs.
- To avoid uncontrolled physical exercises of sportsmen on account of pleasure in physical exercises.
- To guarantee a high level of physical fitness and make sportsmen ready for systematic training.

Injury Rehabilitation :

One of the major contribution the trainer can make to the welfare of the athlete is in the area of rehabilitation. The type of rehabilitation program that is prescribed frequently determines what level of athletic participation will be possible in the future.

Goal of Rehabilitation :

The overall goal of the treatment and rehabilitation program is to return the athlete to his or her desired level of participation as soon as safety possible. Consideration must be given to the amount of healing time required for the specific injury, length of time away from participation, the athlete's compliance with the treatment and rehabilitation program, and the athlete's motivation to return to play. With many injuries, the athlete may face deadline to get

well and resume participations. These deadline often conflict with the time required for adequate healing and rehabilitation. In order to decrease recovery time and promote healing, swelling and tissue congestion in the injured area must be controlled and reduced. Furthermore, nutrient supply for rebuilding injured tissue must be facilitated. Morbidity is decreased by minimizing decondition through early initiation of the reconditioning program. It is also important to prevent future injury by allowing adequate healing and providing appropriate during recovery. The goals in rehabilitating an injured athlete are usually consider different from those for the general population. Vigorous, intense, but controlled exercise allows early return to participation, insuring that the injured part is as optimally conditioned as possible. As Dr. Fred Allman has said “many ration of function to the greats possible degree in the shortest possible time”. That means that rehabilitation should begin at the same time as treatment of the injured part. Treatment and rehabilitation should blend in perfect imperceptibly into one, as acute care and early rehabilitation can minimize the effects of the injury.

No longer does rehabilitation wait until the injured part is “healed”; rather, rehabilitation is started while healing is taking place, resulting in an earlier return to activity and perhaps and improvement in the quality of the tissue that forms during the healing process. The aim is not necessarily to speed up healing (which cannot as yet be done) but rather to do all that is possible to avoid slowing it down.

References :

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