



## SPORTS MEDICINE

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### Abstract:

#### Introduction:

Before we discuss and elaborate our topic first we will try to know the fundamental things regarding sports medicine and also know why it's necessary for us. Sports medicine also known as sports and exercise medicine. Sports medicine make the injured person relax, provide relief for he can get moving again as soon as possible, they are also knowledgeable about preventing illness and injury in active people, Although sports medicine doctors do work with professional athletes they also treat children and teens involved in sports and adults who exercise for personal fitness. Sports medicine is not a medical specialty in itself most sports medicine doctors are certified in internal medicine, emergency medicine, family medicine or another specialty and then receive additional training.

#### What is sports Medicine?

Well the word says it all, sports medicine is the study and practice of medicine related to the science of sports in the area of diagnosing and treating sports injuries, injury prevention and athletic training that includes workouts and exercise and nutrition in other words, sports medicine is a field of medicine that concentrates exclusively on the injuries resulting from sports such as football, baseball, basketball and other sports. There are different kinds of sports injuries therefore there have to be several kinds of orthopedics or specialists to treat patients according to their injuries. The sports medicine fields are very broad field this means that athletes can find help for their injuries. No matter what kind of injury they have.

#### Objectives of sports Medicine:

The main objective of sports medicine is to prevent the damage to the human system caused mostly by inactivity. Lack of movement or hypokinesia due to sedentary habits of modern world with various push button facilities and lack of physical exercise or the damage caused to the sportsmen because of exercise training and load in the competitive world.

#### Why Sports Medicine is Important:

Sports Medicine is important to schools trainers coach and most of all it should be important to anyone who is an athlete that includes any athlete no matter their skill level, it could be a beginner or a professional sports injuries can happen to anyone but getting injured is not fun and some of their injuries can affect your life for a short or long term. Sports medicine is concerned with the care and potential performance of the players, it requires a comprehensive approach. Sports medicine is not a medical specialty in the true sense of the word. Instead sports medicine concerns all those medical problems that may affect the athletes professional and amateur as a result. Sports medicine is involved to a greater or lesser degree with all the different medical specialties, it can be said that the essence sports medicine is a trans-disciplinary specialty. In developed countries sports medicine is a specialty in its own right and formal education is given in the subject in many countries there is no such commitment to sports medicine although question of introducing sports medicine instruction for medical students or at different stages during the post graduate training of junior doctors, has been raised in

some countries which will probably be the case in near future.

#### **Scope of sports medicine:**

Sports Medicine is a broad and inclusive term. The scope of sports medicine is very wide. Some examples are given below.

- 1) In the play fields
- 2) In the laboratories
- 3) In Gymnasium
- 4) In school, college & Universities
- 5) In Clubs & Swimming pool
- 6) In Car Rallies
- 7) In Recreational Activities
- 8) Combative Sports
- 9) Adventure Sports
- 10) Competitive Sports
- 11) Daily life Activities

Actually scope of sports medicine is multi-disciplinary and it would be extremely difficult for anyone individual to master all the different specialties in sports medicine. In the future it is likely that sports medicine will be known and regarded as a true medical specialty. There are many advantages of sports medicine but few of them are given below:

#### **Benefits of sports medicine:**

Sports medicine is most commonly used to target and treat sports-related injuries, but you may be surprised to learn that the field is not limited only to athletes. Even occasional exercisers can benefit from sports medicine and therapies. If you need new treatment options, or are interested in learning more about the available therapies and programs, here are four benefits of sports medicine:

##### **1. Rehabilitation:**

The field of sports medicine is most famously used for rehabilitating professional athletes, but the approaches and therapies can be used for any sort of sports-related or another physical injury. This includes injuries to the neck, shoulders, back, hips, knees, and ankles. Rehabilitation helps the affected area to heal correctly, while retaining or increasing your flexibility and range of motion. Stretches, exercises, and physical therapy are important to ensure the joint or area does not stiffen. Rehabilitation includes many other areas as well, such as balance and fall therapy, massage, and occupational therapy.

##### **2. Preventative Care:**

Although rehabilitation is most commonly cited as the main focus of sports medicine, preventative care is a huge aspect of the field, as well. The idea is to improve and maintain one's health, in order to help avoid future injuries. Preventative care can include a variety of wellness programs, and may also include dietary discussions and information about nutritional benefits. Your wellness program may include a lot of exercise, with workouts designed to help protect you against heart disease or unwanted weight gain. This whole-body approach to your overall well-being also includes the field of sports psychology.

##### **3. Wide Application:**

Sports medicine, as a field, includes numerous treatments and exercises that can be used for a variety of injuries, illnesses, and other disorders. The overall goal is to properly diagnose, treat, heal, and manage injuries. Having this general approach, combined with specific therapies, makes sports medicine applicable to almost anyone. The principles of sports medicine can be used in multiple situations, whether the injured person is an athlete, an occasional exerciser, a musician, or a laborer.

##### **4. Personal Training:**

Personal training also falls under the category of sports medicine. When you first think of a personal trainer, you may picture one-on-one time at the gym with your trainer yelling at you, screaming for each push-up or crunch. In actuality, most personal trainers encourage firmly yet gently. They will work with you on a very individualized level, figuring out your personality type and work ethic as they help you reach your goals. Personal training is about much more than weight loss or muscle building, as it often includes elements of sports psychology and dietary discussions. Having a personal trainer can help you find your personal sense of perseverance and self-discipline.

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