



## Sports Medicine and Physical Therapy

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**Annotation:** This article is about the current state of sports medicine and physical therapy. The article also mentions the formation of sports medicine in the historical context. You will find a detailed description of the practical application and action of sports medicine and physical therapy in this article.

**Keywords:** sports, medicine, sports medicine, physical therapy, professional sports, prevention.

Sports medicine is a young and rapidly developing science that assists coaches and athletes during training. From medicine in general, it differs in that sports doctors work with a human body that is physically overloaded much more and, accordingly, there may be more potential injuries and complications.

For a long time, sports medicine in Russia did not meet the requirements international standards. It was more like a primitive control and formal examinations of athletes. There were no clear sports nutrition recommendations - there were simply no special supplements on sale, professional athletes made do with conventional products with a standard set of nutrients. Therapeutic physical culture is an independent medical discipline that uses the means of physical culture to prevention of exacerbations and treatment of many diseases and injuries, as well as rehabilitation. The specifics of therapeutic physical culture in that, compared to other treatments, it uses as the main remedy, physical exercise, which is an essential stimulator of the vital functions of the human organism.

In the middle of the 20th century, science stopped in its development, as officials were guided only by their own interests, not listening to opinion of professionals, not allocating enough funds for high-quality diagnostics of the health of athletes, both amateur and professional. Despite this, the requirements for results became higher.

This explains the frequent cases of injuries, often depriving people ability to even simple movements. This was especially true gymnastics, figure skating, that is, sports related with acrobatics. It was simply impossible to survive in such a regime. Add to this large psychological burden associated with increased responsibility. The development of sports medicine has only begun in the 21st century. Scientific research in the field of sports psychology, nutrition, pharmaceuticals were also not carried out. All knowledge was accumulated by ourselves coaches and used in relation to athletes spontaneously, purely based on my own experience. Well, if this experience was. Unfortunately, in the history of the development of sports medicine, there are even cases where when many former athletes took on the functions of doctors for rehabilitation and rehabilitation of athletes. Often personal experience was not enough, and there was no professional knowledge. It ended with the departure of promising people from sports for health reasons. This situation is extremely negative way affected both the state of sports and the state of medicine.

It is believed that the tasks of sports medicine have not yet been defined, because it is confused with physical culture. But loads of ordinary people for maintaining the general tone and load of



professional athletes is completely different things. Sports medicine is also often confused with exercise therapy. For people involved in physical culture, the load is evenly distributed to all muscle groups, classes are dosed, no preparation for competitions, there is no responsibility for the result, therefore, there is no psychological load. Ordinary people don't stick around sports regime, do not control their diet. And the most important thing, decide when to rest, leave and engage in other leisure activities.

Professional sports are serious business. Training goes like usually twice a day. Half a day devoted to work in the hall: in any weather, in any state, mood. Therefore, in order to maintain such a schedule, control over training, nutrition, muscle condition is necessary. Free time for athletes is a rarity. Prevention needed various diseases, especially during the competition. Depending depending on the sport, the loads always fall on the same muscles. Body, muscles, the internal state gets used to a certain algorithm of actions, there is nothing new, everything is always expected. For professional athletes, the body is a tool for improving the quality and standard of living. This tool should work well and more. The sport has become more complex and younger. If in the middle of the 20th century they started doing rhythmic gymnastics at the age of 15 - 16, now coaches are looking for pupils in kindergartens. That is, in the first place children's sports medicine, since at the age of 18 - 19 gymnasts are already leaving sports and starts coaching. The peak of training is adolescence, when it is necessary to think about development at the same time body and results in sports. This complicates the task of sports medicine. Also, it should be noted that for athletes, teenage the period is difficult on the part of sports in that it is necessary to clearly monitor behind the load, in order to avoid deterioration of physical condition and health generally. Otherwise, athletes can even overload their backs. and “earn scoliosis”, where the refusal of sports will become a medical diagnosis, and this is the best case. Unfortunately, here the coaches are entrusted a huge responsibility not only for the present, but also for the future of athletes. And this is only one side of the coin. Adolescence is also a difficult period psychologically. This is a period of crisis, traumatize the psyche of a teenager becomes easier than it might seem. Therefore, one should not underestimate the importance of sports medicine and the work of coaches.

Sports medicine has a number of tasks:

- 1) Assistance to the coach in the selection of candidates for professional sports;
- 2) Leading through the sports loads of the younger generation during many years;
- 3) Determination of the optimal mode of work and rest individually for each athlete;
- 4) Recommendations on the type of food in various periods of activity;
- 5) Prevention of injuries due to increased physical exertion;
- 6) Control of the intake of pharmaceuticals;
- 7) Development of a set of measures to improve performance and improving results;
- 8) Proper treatment and rehabilitation after sports injuries; control of hygiene and general diseases;
- 9) Doping system in sport.

Sports medicine also studies pathological processes that have place for high-level athletes. As a result of unprofessional approach from medical personnel who have no idea about physical activity, there were much such pathology in the history of Russian sports, including spontaneous deaths during training. The current situation of course, changed, but such cases still occur [Matveev L.P.,

1991]. In order for the sports doctor to be able to apply all his knowledge and experience, he must have the authority to remove a person from a competition or training if it threatens injury or



disability. Compromise there can only be full financial support for athletes, with who have the opportunity to recover faster, or undergo a course of treatment abroad.

Many medical professionals fought for the implementation of the rules in the regime training and nutrition, as well as for the distribution of loads. But their suggestions were left unattended. The sports system is more interested in results than in the health of those who bring these results. It's in a negative way affects athletes, or rather, their health. For coaches often a doctor is not the first authority.

There is knowledge that this doctor needs:

- 1) Theories and methods, as well as sports hygiene;
- 2) Sports morphology;
- 3) Pharmacology;
- 4) Physiology and biochemistry of sports;
- 5) Psychology;
- 6) Sports rehabilitation;
- 7) Physiotherapy;
- 8) Traumatology.

This is not counting the usual disciplines that are mandatory for all doctors. Even rehabilitation after sports injuries has other goals, another technique than ordinary people.

A sports doctor is primarily a specialist in the field of high loads, which should know how the body behaves in extreme conditions. With heavy physical training, the human body loses immunity, minerals in large quantities. body systems, which are genetically weak, may fail at the wrong time and interfere with participation in competitions:

- 1) Cardiovascular system;
- 2) Digestive tract;
- 3) Kidneys.

The medical staff of national teams must be aware on the health status of each participant. Approach carried out individually, taking into account the characteristics and degree of training of the athlete.

Preventive vaccinations are of great importance. In hot countries where local insects carry infections that Russians athletes have no immunity, there is a risk of getting sick and getting to the hospital before competitions. You need to know which diseases are most susceptible immigrants from other regions of the world. Are done in advance vaccinations to protect competitors from infectious diseases. For example, in India there are many malarial mosquitoes, hepatitis, fevers, dirty water. Dysentery, typhoid fever and cholera are common in Oriental countries. You should also be careful when competing in Mexico, Brazil. The local climate is favorable for the reproduction of parasites in the water. Symptoms may include poisoning, digestive disorders and athlete's withdrawal. It is necessary to diagnose the state of health of athletes. For professional monitoring of the health of athletes is used specialized medical equipment:

- X-ray apparatus;
- MRI;



➤ CT scan;

➤ EKG.

Preventive examinations are carried out regularly - once a month in the stage preparation for the competition. Diagnosis of the athlete's body in sports medicine. Professional In athletes, doctors often diagnose an increase in the number of coronary vessels. This is a kind of protective mechanism to provide oxygen heart muscle and growing tissues of the body. With a lack of nutrients substances - building material for tissues - the body does not have time grow new blood vessels. As a result, the heart does not get enough oxygen. and tissues die. This process takes place against the backdrop of increased training. A striking example is the actor bodybuilder Vladimir Turchinsky. In pursuit of muscle mass and sports achievements did not take into account the physiological characteristics of his body, carried away by loads, neglected the regimen and complete nutrition. With constant filming and stress, the body could not stand it, and the actor died of a heart attack.

Diagnostics on the equipment is very helpful description by yourself athletes of their feelings and well-being. But often people are in pursuit behind the results they hide their condition from doctors and, possibly, from themselves. In this mode, injuries most often occur, after which long period of treatment and rehabilitation. The longest process is rehabilitation. In this period heavy loads are contraindicated, because the muscles and tendons are weaned from regular exercise and there is a risk of re-injury.

Rehabilitation of professional athletes after injuries. It does not follow rush to switch to normal loads. Musculoskeletal system after injury is very vulnerable. Experienced coaches in such cases control the load and keep them average. Sports doctor according to the results of MRI, X-ray observes the condition of the tissues - how much they have recovered and are ready to loads. It is important that the athlete understands that during the recovery phase functionality of the body does not need to rush. As they say - Time heals, but you have to wait. The help of a psychologist is essential or the same sports doctor who can convince a person to wait. For his own good. As for the restoration of form after major competitions, here you just need rest, a balanced diet and psychological peace. Restorative medicine is a system of scientific knowledge, one might say - a new word in the rehabilitation of patients. In sports, this means a return in the previous form and continued training. Recovery of athletes requires special funding, as it involves the cost of:

- ✓ masseurs and reflexologists;
- ✓ Spa treatment;
- ✓ purchase of special clothing to support organs or joints;
- ✓ Special meals.

Events are held both in private clinics and on the basis of sports rehabilitation centers under the supervision of sports doctors. In Soviet and post-Soviet times, when the level of the economy was very low, and sports achievements were based on the enthusiasm of the coaches and their pupils, there was an increased level of injuries among professional athletes. This was partly due to the lack funding and malnutrition. With extreme loads the body consumes a lot of protein, carbohydrates and trace elements. These substances into the body only with food or in the form concentrated sports nutrition.

Thus, we can see what a big role sports play. the medicine. And also, its importance for the development of the country in sports direction, without numerous injuries, as it was before. And also, it is important that athletes understand that their health does not depend on only from doctors.



It is important to take care of your own health, stress, tempo, rhythm. During the recovery period, learn to endure and wait, and not turn a blind eye to their problems and put their health at risk again. At the same time, in these cases and in preventive situations, it is necessary pay attention to physiotherapy exercises, which are often not used by athletes is taken seriously. It also helps during the recovery period. The most important thing is to take care of your health and not neglect prevention, diagnosis, treatment and recovery. Health is needed protect regardless of the physical fitness of the person.

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