

SPORTS MEDICINE : **An Introduction**



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What is sports Medicine

- ▶ Sports medicine is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. Sports medicine is not just for professional athletes –
- ▶ Sports medicine is a branch of medicine that focuses on diagnosing, treating, and preventing injuries related to physical fitness activities such as sports and exercise.



USES of Sports Medicine?

- ▶ **Physical therapists.**

They help people rehabilitate and recover from injuries.

- ▶ **Certified athletic trainers.**

These trainers provide rehab exercise routines to help patients regain strength. ...

- ▶ **Nutritionists.**

They may help with needed weight loss or weight gain.



Definitions of Sports medicine

- ▶ Sports medicine is a field of medicine that focuses on injuries and illnesses that occur due to sports activities and exercise.
- ▶ Sports medicine is a fast-growing healthcare field that focuses on the treatment of athletic injuries



Aim of sports medicine

- ▶ The aim of sports medicine is to deal with the improvement of general well being and health of the population through the promotion of an active lifestyle.
- ▶ Sports medicine professionals play a key and proactive role in preventing injuries on several levels. One of our vital functions is in the coordination and implementation of pre-participation screening, examination, and evaluation of athletes



Role of Sports Medicine

The sports medicine physician should have a key role in the promotion, integration and facilitation of exercise as medicine within primary and secondary healthcare. ... The prevention, diagnosis, treatment and rehabilitation of injuries that occur during physical activity.

The major Role of sports medicine is maintaining physical fitness of sportspersons. It also treating and preventing sports-related injuries and rapid recovery of patients.

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Scope of Sports Medicine

The Archives of Sports Medicine and Physiotherapy covers major aspects of sports medicine and sports science such as prevention, management, rehabilitation of sports, exercise and physical activity related injuries and occupational problems

Sports medicine focuses on helping people improve their athletic performance, recover from injury and prevent future injuries. It is a fast-growing health care field, because health workers who specialize in sports medicine help all kinds of people, not just athletes.



Importance of Sports Medicine

1. Promoting Health
 2. Physical Fitness
 3. Mental Health
 4. Injuries Prevention
 5. Injuries Rehabilitation
 6. Motor Fitness
 7. PPME
 8. Diagnosis
- Sports Performance



Thanks

