



## SPORTS MEDICINE AND ITS IMPORTANCE

**BeriS. and Kanwar R.**

Ph.D Research Scholar, Gondwana University, Gadchiroli. (M.S) India

**Abstract:** Sports medicine, also known as sport and exercise medicine (SEM), is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. Although most sports teams have employed team physicians for many years, it is only since the late 20th century that sports medicine has emerged as a distinct field of health care. Sports Medicine bridges the gap between science and practice in the promotion of exercise and health, and in the scientific assessment, study and understanding of sports performance. Regular features include: sports injury prevention and treatment; exercise for health; drugs in sport and recommendations for training and nutrition. Designed as a superb reference source for physicians, sports medicine specialists, physiotherapists, exercise physiologists, team doctors and trainers alike, Sports Medicine focuses on definitive and comprehensive review articles that interpret and evaluate the current literature to provide the rationale for, and application of, research findings. Sports Medicine is a special division of Health Care Sector, which takes care of physical fitness and injuries associated with sports & exercise. Sports Medicine Companies provide effective treatments against the musculoskeletal issues. The concept of Sports Medicine is not very old. It began in the late 20s. However, Sports Medicine has become an important sector itself. Sports Medicine comprises several forms of non-surgical orthopedic treatments.

**Keywords:** Sports Medicine, Importance.

### Introduction

Sports medicine, also known as sport and exercise medicine (SEM), is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. Although most sports teams have employed team physicians for many years, it is only since the late 20th century that sports medicine has emerged as a distinct field of health care.

Sports Medicine bridges the gap between science and practice in the promotion of exercise and health, and in the scientific assessment, study and understanding of sports performance. Regular features include: sports injury prevention and treatment; exercise for health; drugs in sport and recommendations for training and nutrition.

Designed as a superb reference source for physicians, sports medicine specialists, physiotherapists, exercise physiologists, team doctors and trainers alike, Sports Medicine focuses on definitive and comprehensive review articles that interpret and evaluate the current literature to

provide the rationale for, and application of, research findings.

### Importance of Sports Medicine

Sports Medicine is a special division of Health Care Sector, which takes care of physical fitness and injuries associated with sports & exercise. Sports Medicine Companies provide effective treatments against the musculoskeletal issues. The concept of Sports Medicine is not very old. It began in the late 20s. However, Sports Medicine has become an important sector itself. Sports Medicine comprises several forms of non-surgical orthopedic treatments.

Sports Medicine Professionals have specialization in Exercise and Sports Science. The professionals in the field of Sports Medicine are designated as following:

- Medical Doctors
- Physical Therapists
- Physical Therapists Assistants
- Athletic Trainers
- Massage Therapists

**Role of Sports Medicine Physicians**

Sports Medicine Physicians are the experts who get specialized training for a certain period in the field of sports medicine. Their expertise lies in dealing with injuries associated with sports as well as exercises. They mainly focus on diagnosis and treatment of injuries, which take place during a sport or some physical activity. In brief, the Sports Medicine Physicians have to take care of different types of orthopedic cases.

Sports Medicine Services are intended to bring the injured person into the best of health so that he/she can get back to his or her usual activities. The Sports Medicine Services primarily focus on:

- Biomechanics
- Conditioning
- Synvisc
- Cortisone
- PRP (platelet rich plasma)
- Hyaline
- Injury Prevention
- Injury Management
- Euflexxa
- Viscol supplementation
- Rehabilitation

Irrespective of what the name implies, Sports Medicine is not restricted to the athletic field only. The division comprises the treatment of injuries that occur due to any sort of physical activity, which may or may not be associated with sports. The

injuries may be the subsequent result of overuse, sudden collision, over-exertion, or over-extension of the muscles of the joints. Sports Medicine is a practice that treats all sorts of musculoskeletal injuries.

**Conclusion:**

Sports Medicine bridges the gap between science and practice in the promotion of exercise and health, and in the scientific assessment, study and understanding of sports performance. Regular features include: sports injury prevention and treatment; exercise for health; drugs in sport and recommendations for training and nutrition. Designed as a superb reference source for physicians, sports medicine specialists, physiotherapists, exercise physiologists, team doctors and trainers alike, Sports Medicine focuses on definitive and comprehensive review articles that interpret and evaluate the current literature to provide the rationale for, and application of, research findings.

**References:**

- 1) Retrieved from [https://en.wikipedia.org/wiki/Sports\\_medicine](https://en.wikipedia.org/wiki/Sports_medicine) on 24/02/2017.
- 2) Retrieved from <https://trainorsportsmedicine.wordpress.com/2012/06/06/the-importance-of-sports-medicine-2/> on 24/02/2017.

\*\*\*\*\*