

Editorial

Sports Injury Rehabilitation—The need of the day

Over the last decade different sports personnel of our country have won the gold medal at the highest level of competitive sports events. Some of the well trained personnel have their own support system. Few of them have achieved that level by their personal skill and talent. Until today they don't have any proper training guidelines and dedicated rehabilitation services to treat their sports injuries. Our country is doing extremely well in sports like cricket, hockey, racquet sports, weightlifting and others. Unfortunately the most successful sports person are getting support from their and other authorities & associations but there is a huge number of players of those games who are not getting any direct support or care in case of any sports injuries. In the recent past we have seen good number of professional sports personnel from our country has taken the help of sports injury rehabilitation from other continent, though we have that potential and expertise to give same level of care. We may require, to take help from other specialties and co ordinate the rehab regimen accordingly. Not only that but also, there is massive number of sports person of different games who are still continuing their career in an unorganized way. Now, a paradigm shift is probably coming in near future regarding the visionaries, practices and approaches to sports person in our country.

Considering the current scenario, our fraternity should come up and take a positive role in sports rehabilitation. This is the utmost need of this segment of population. At this moment, we have fair number of physiatrists in our country though not evenly distributed throughout the nation. We have enough expertise to contribute and treat the sports injuries. Most importantly we need to focus on this segment of rehabilitation and young budding physiatrist under the guidance of experienced seniors can grab the opportunity to fill up this gap in the field of current physiatric practices. Most of our units have basic minimum instrumental facilities and professional therapists to manage basic sports injuries. Currently we have a good number of centers where interventional Physiatry is practiced successfully to manage pain related to injuries. So, we are sufficient enough to practice updated sports rehabilitation. We may require Isokinetic system to assess and train sports related problems, CPET machine to assess endurance and speed, antigravity treadmill to retrain lower limb injuries. Well equipped biomechanical sports laboratory comprising of 3D platform for speed analyzer, balance analyzer, vertical jump assessment, speed light burning timer, etc will be very helpful for upgraded assessment and retraining of sports personnel. If we get anaerobic chamber in some of our centers in the future, then it will suffice the need of the sports persons of our country. Most of our centers have already the support of Dietician, Nutritional experts, Psychologist and Orthopedic Specialist for arthroscopic need of the patient.

At this moment, only few centers of our specialty are delivering dedicated services for sports injuries. They have good experiences regarding the practicing methodology and challenges in our set up. Last but not the least, we have to make liaison with the surrounding sports club organization and stadium authorities to extend and increase our services in future because indoor rehabilitation must be followed up and topped up to on-ground training. On-ground training, assessment, retraining and liaison with coaches of respective sports have immense role for the final outcome of sports rehabilitation. Let us take the call of the day, use our current resources to initiate the services and try to build the professional skills continually to enrich our specialty. Let us strengthen the footprints of our specialty for this emerging situation and expand our horizon. Each step we take is a step closer to fulfilling the sports dreams of our young India.

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