

COMMON SPORTS INJURIES, TREATMENT & REHABILITATION (MAJOR 6)

(3+0 Cr. Hr)

COURSE OBJECTIVES

This course is designed to acquaint the students with the injuries, its management and rehabilitation elaborating central nervous system, knee, Tennis Elbow ankle injuries and explaining safety rules and basic physiotherapist treatment to manage in case of emergency.

COURSE CONTENTS:

i. INTRODUCTION TO SPORTS INJURIES

- a. Classification of Sports Injuries:
 - i) Cramps
 - ii) Ruptures
 - iii) Fractures
 - iv) Pulled Muscles/Muscle Stiffness
 - v) Strains
 - vi) Soreness
- b. Identification of Injuries:
 - i) Upper Limb
 - ii) Lower Limb

ii. PREVENTION OF INJURIES DURING SPORTS ACTIVITIES

- a. Warm up
- b. Skill performance
- c. Play
- d. Use of equipment
- e. Proper cool down

iii. TREATMENT OF INJURIES

- a. Through Exercise
- b. Through Medication
- c. Hydro Therapy/Steam Therapy/Ice Therapy
- d. Pressure Therapy
- e. Laser Therapy

iv. TENDON INJURIES

- a. Definition
- b. Types of tendon injuries & their treatment.

- c. Different types of Bursitis its causes signs , Symptoms & Treatment.

v. **OVER USE INJURIES**

- a. Definition
- b. Causes
- c. Overuse injuries in sports men
- d. Supraspinatus Syndrome, Injury to meniscus, Tennis elbow, Golf Elbow, Patellofemoral, Groin injuries and Hamstring Injuries.

vi. **FRACTURES AND DISLOCATION OF JOINTS**

- a. Definitions
- b. Types
- c. Treatment / Rehabilitation

vii. **MASSAGE**

- a. Definition of Massage
- b. Importance of Massage
- c. Methods of Massage

RECOMMENDED BOOKS

1. Harris, S. S., Anderson, S. J., & American Academy of Orthopaedic Surgeons. (2018). *Care of the young athlete*.
2. Whyte, G., Loosemore, M., & Williams, C. (Eds.). (2015). *ABC of sports and exercise medicine*. John Wiley & Sons.
3. Solomon, R., Solomon, J., & Micheli, L. J. (Eds.). (2017). *Prevention of injuries in the young dancer*. Springer.
4. Kanosue, K., Ogawa, T., Fukano, M., & Fukubayashi, T. (Eds.). (2015). *Sports injuries and prevention*. Springer Japan.
5. Miller, M. D. (Ed.). (2016). *Orthopaedic knowledge update: sports medicine*. American Academy of Orthopaedic Surgeons.