Editorial

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Physiotherapy in Sports: Preventive, Curative and Rehabilitative

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Editorial

Physiotherapy is a modern medicine and it has wide variety of applicability. Accessibility, affordability, acceptability and effectivity of physiotherapy is going up day by day. As like developed world necessity of physiotherapy is understood by general people in Bangladesh also. Role of physiotherapy in sports is tremendous. Without involvement of physio a team is considered as incomplete, prone to fall injury and it may destroy career of an athlete. Cricket, football, hockey, handball, volleyball, swimming, gymnastics, badminton, tennis etc are common games in our country and all of these games are competitive. As a result chance of injury is high; either player to player or player to field or combination of both. Fitness is another issue and considered as pre-requisite of sports. Physical, psychological and nutritional fitness can minimize injury and improve performance. Length, strength, bulk and tone of a muscle should be appropriate though it can vary according to nature of sports. A sports physio is a first contact practitioner in pre, per and post game activities. He has to aware all the time during game and primary diagnosis has to make before entering

field. Immediate diagnosis and immediate treatment/recovery is required. In some severe cases athlete has to go rehabilitative program prescribed and guided by physiotherapist. Now-a-days every sports club/team is trying to engage physio. Cricket is now very much popular game in Bangladesh and our cricket team is doing well. Number of physios are working in Bangladesh Cricket Board (BCB) and cricket team/club. Others board/team/club can follow this for betterment of athlete. Prevention of sports injury is always better than curative approach as well as rehabilitative intervention. According to sports physiotherapist Md Enamul Haque (Physio, Bangladesh U19 National Cricket Team), almost every cricketer demands physio prior to commencement of game. To be a physiotherapist is not an easy task. He or she has to gain at least professional Bachelor Degree on Physiotherapy. After graduation he or she can do post graduate degree on sports physiotherapy. Certificate course on sports physiotherapy will be added as value. It is rightly state that physiotherapy has key role in sports arena in terms of preventive, curative and at last but not least rehabilitative.

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