



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
Tamilnadu, India

Programme : Master of Physical Education

Course Title: PORTS MEDICINE,
PHYSIOTHERAPY AND REHABILITATION

Course Code : 21BPE34EA

Unit -III

Dr.E.RAJASEKARN

Guest Lecturer

Department of Physical Education and Yoga

III – UNIT

Meaning of **PHYSIOTHERAPY**

Physiotherap

Y: Other names Physical therapy PT

Physical:

‘Physical’ mean bodily

Therapy:

‘Therapy’ is basically a Greek term which means treatment.

Definition of Physiotherapy:

The treatment of disease, injury or deformity by physical methods such as exercise, heat treatment, cold treatment, massage and so on, rather than by drugs or surgery is called as Physiotherapy.

Physical medicine

Physiotherapists (or) physical therapists

Guiding Principles of Physiotherapy:

- ❖ Circulation and tissue fluid inter change maintained or increased.
- ❖ Maintenance of joint mobility or increasing the joint range of motion.
- ❖ Maintenance or increase of muscle power.
- ❖ Adequate respiration.
- ❖ Prevention of complications.

To prevent the sports injuries of Physiotherapy :

- Fitness of the player/athlete
- Warm-up exercise
- Cooling down exercise
- Proper follow-up rules during games
- Proper clothing and footwear for the specific game
- Protective clothing and equipment's
- Extremes of environmental conditions
- Fatigue

Therapy Treatments:

1. Cryotherapy - Cold
2. Thermotherapy - Heat
3. Contrast bath - Warm and Cold
4. Whirlpool bath - Large Box water
5. Stream bath - Air bath
6. Sauna bath - wood

Principles of therapeutic exercise

1. Specific: (focal) and general exercises.
2. Dosage: exercises administered with due regard to dosage.
3. Rhythm: rhythmic exercises in regard to contraction and relaxation.
4. Progression: progressive exercises in Range, Power, Time.
5. Variation: exercises, variable in form – the chief form being.
 - ✓ Medical Gymnastics
 - ✓ Occupational Therapy
 - ✓ Recreational therapy