



## Acquaintance with sports injury and availability of related tertiary healthcare facility.

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**ABSTRACT: Introduction:** The spirit of sports medicine is to maintain, sustain, and to gain peak physical fitness. Main functions of sports medicine are therapeutic and rehabilitative in nature.

**Aim:** Assessment of penetration of benefits of sports medicine facility at UHS Rohtak.

**Material and Methods :** This is a cross sectional study .This study was conducted at University of health Sciences Rohtak. A questionnaire was distributed among 400 participants through structured Google form.

The responses were recorded and analyzed. Out of the total 333 participants responded in the study.

**Results:**

Out of the 333 participants who responded, 57.1 % play any sport/sports. 18.3 % participants have suffered any sports related injury in last two years. Of them 47.1 % know about availability of sports injury related healthcare facility availability at PGIMs Rohtak. Out of 333 participants, 43.8 % know that multiple healthcare disciplines are aggregated under this facility. 15.6 % Had in past you got benefitted from this facility. The total percentage of 51.1 % taken available facilities at the sports injury center were appropriate, 26.4 % treated/cured at healthcare facility at PGIMS Rohtak only. 46.8 % started playing again after treatment/recovery. performance of 45.3 % is at par with earlier/ same as earlier after treatment.

**Conclusion:** It was concluded in the study that a thorough promotion of sports medicine facility is needed and it shall be projected as a separate discipline for the sportspersons and beneficiaries.

**Keywords:** Sports medicine, sports medicine utility and facility.

### I. INTRODUCTION:

Sports activities play an important role in today's society. However, as more people become involved in these activities, the number of sports-related injuries also increases. Little is known about the epidemiology of these injuries in general practice(1). The recent increase in sports participation in children and adolescents has resulted in the increase of sport-related injuries and the need for rehabilitation (2). In the modern era, rehabilitation after sports injury has become a domain for specialists, and its evolution has brought together the sports physiotherapist, the sports physician, and the orthopedic surgeon. The changing profile of sports related injury, as well as limited availability of facilities for rehabilitation in many areas of India, is a matter of concern (3). This study has been conducted to assess penetration of benefits of sports medicine facility at UHS Rohtak

### II. METHODS:

The present cross sectional study at University of health Sciences Rohtak was conducted in August 2022 . A questionnaire was distributed among 400 random participants. The questionnaire was created through structured Google form. Questions regarding whether they are involved in any sports or not, , have they suffered any sports related injury in last 2 years, do they know about sports related healthcare facilities available at pgims rohtak, their past experience about the facilities (whether they were satisfied or not), about recovery, whether they started playing again or not and about their post treatment performance. Out of the total 400 participants who got the perform 333 participants responded in the study.

The responses were recorded and analyzed.

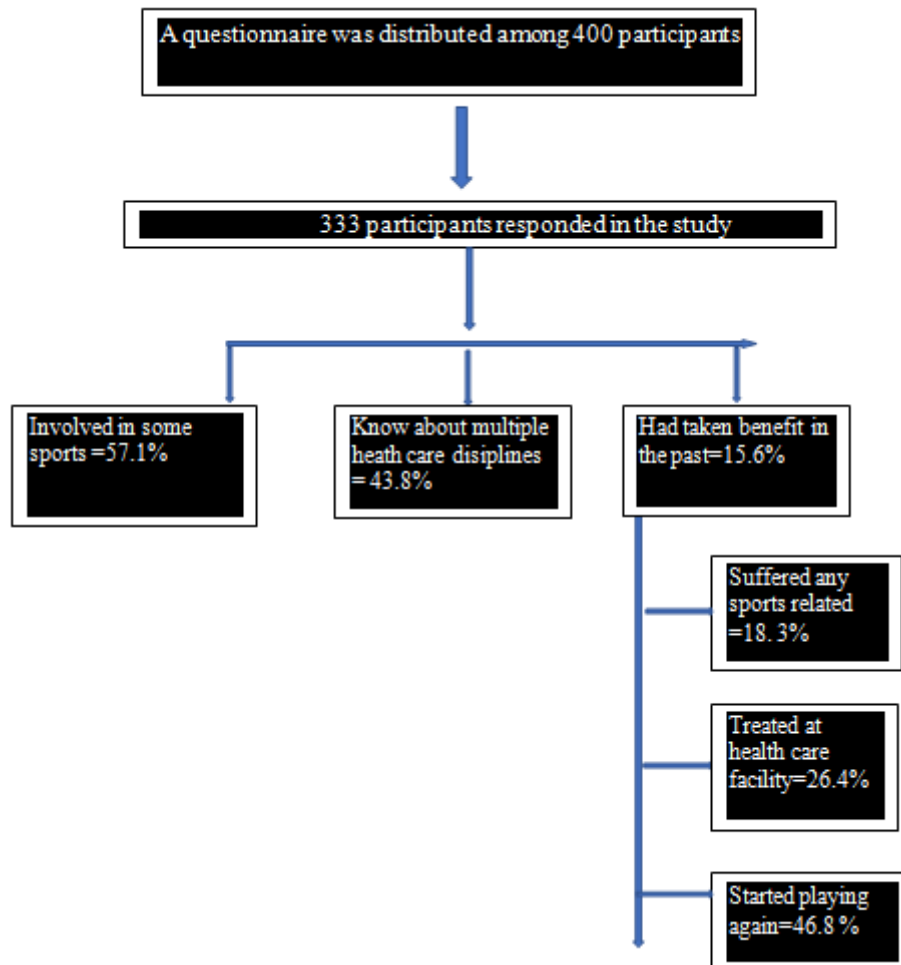


Figure 1: STUDY FLOW CHART

### III. RESULTS:

Total 333 participants responded the study questionnaire. 57.1 % of these participants were involved in some sports. 18.3 % participants have suffered sports related injury in last two years. Of them 47.1 % know about availability of sports injury related healthcare facility availability at PGIMS Rohtak. Out of 333 participants, 43.8 % know that multiple healthcare disciplines are aggregated under this facility. 15.6 % participants got benefitted from this facility in past. 26.4 % participants had been treated/cured at healthcare facility at PGIMS Rohtak for their sports related injury. 51.1% participants got appropriate treatment from available facilities at the sports injury center. 46.8 % started playing again after treatment/recovery. 45.3 % participants with sports related injury were same as earlier in their sports performance after treatment.

### IV. DISCUSSION :

The study showed that management /treatment of sports related injury is available and is very important. This study also shows that not everyone is aware of the facilities available for sports related injury. Few participants found the treatment appropriate while others found it very satisfactory and got complete recovery. Many participants who were treated for sports related injury had gained their sports performance same as before. One previous study proposed that treatment should consist of determining the predisposing factors, restoring normal biomechanics, alleviating pain and inflammation, and implementing an active rehabilitation. It should also enable the patients to return to daily living activities and preinjury sport levels, with increased awareness to the possibility of recurrences (4)

### V. CONCLUSION:

It was concluded that a thorough promotion of sports medicine facility is needed and



it shall be projected as a separate discipline for the sports persons and beneficiaries. Knowledge regarding availability of various health care facilities for sports related injury should be promoted for the better quality of life post injury as it can be treated and patient can regain preinjury sports performance.

**Strengths and limitations of this study:** This study is a one time point survey (crosssectional study ) so time is not a limitation. However, this study is not able to tell about the incidence.

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