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Physical Rehabilitation of the Injured Athlete

Rehabilitation describes the process that a person goes through to recover their full function after they have been injured. Depending on the injury that a person sustains, the exact steps that they will take to recover will vary. In most cases, they will include engaging in various exercises and drills and doing stretches.

The Importance of Injury Rehabilitation | Lakeside Sports

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Rehabilitation after illness or injury is a slow step-by-step process that aims to help you recover. Rehabilitation might help them get moving again, regain their strength, relearn skills, or find new ways of doing things. If you have rehabilitation, the aim is to help you lead as good a life as possible.

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Physical Rehabilitation of the Injured Athlete 3/e represents collaboration among orthopaedists, physical trainers, and athletic trainers. It reviews the rehabilitation needs for all types of sports injuries, stressing the treatment of the entire kinetic chain with various exercises.

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Serious sports injuries can require surgery and physical therapy. If the injury doesn't heal within two weeks, contact your doctor for an appointment.

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