

The kinetic rehabilitation after sports injuries

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Abstract

Background: The purpose of this research paper is centered on the traumatized athlete and the psychological and emotional effects experienced during the recovery process.

Aims: This study deals with the whole kinetic rehabilitation process after injuries among professional athletes, taking into consideration the statistical data which define a hierarchy of injuries in sport, in ball-games category.

Methods: To realize this investigation we used research methodology. In the period of December 2006 to April 2007 the subjects were asked to complete a questionnaire regarding problems during the injuries. The questionnaire comprised 16 items, each having 3-6 possibilities of answers.

Results: The results rely on data pulled out from the statistics and they have graphic representations. It was observed that the initial moment of the kinetic recovery process after a sports injury, only in 20 % of the cases started on time, and according to 10% of the athletes the recovery process depended on the clinic where the sportsman/woman was interned, treated or operated. The pain in 90% of the cases was a restricting element during the recovery, 6.6 % say that "without pain, there is no success", and 3.3% said that the recovery was not restricted by the pain. 93.33 % of the examined said that the kinetic recovery has an important role in diminishing the time of recovery, and only 6.66% think that the kinetic treatment does not change the time interval necessary to recover. A number of 20 sportsmen/women, who represent 66.66 % consider that the coach and teammates helped them to re-integrate into the competition and sport activity. A percentage of 6.66% were helped by the coach, teammates, psychologist, and 13.33% consider that the most important help came from the coach, teammates and kinetotherapist. Only 3.33 % were helped by the coach, teammates and masseur, and 10% of the athletes said that the teammates helped to re-integrate them in the competition sport activity. In only two cases was mentioned the indisputable role of the psychologist. These data emphasize a lack of psychologist contribution which is often encountered in the activity of sport performance in our country.

Conclusions: The activity of the recovery in the team has an incontestable function, role and importance regarding the re-integration of the injured sportsman/woman in competition sport activity. The analysis of the results shows that the risks of injuries increase when the expectations are higher. The kinetic rehabilitation after sports injuries is different from one athlete to another and it matters how he is supported by the family and the coach. In situations when the athlete does not have enough support, the situation after injuries becomes dramatic because it promotes loneliness, lack of self-confidence and decrease of performance.

Key words: kinetic rehabilitation, injury, professional sport, rehabilitation, social orientation