



PERCEPTION OF PROFESSIONAL FOOTBALL PLAYERS ABOUT ROLE OF PHYSIOTHERAPY IN PRE AND POST INJURY

Physiotherapy

Bhagyashree D Kamble*

Assistant professor at Terna Physiotherapy College. *Corresponding Author

Medha Deo

HOD and Principal at Terna Physiotherapy College.

Razia Begum

Intern at Terna Physiotherapy College.

ABSTRACT

Purpose: Football is a high-intensity sport which has high demands on the body for performance. Football injuries are common and it affects player physically as well as mentally. Physiotherapists have a key role in sports injury prevention and rehabilitation. A physiotherapist and player relationship is necessary for effective treatment. Hence, it is necessary to analyse the players perception about the role of physiotherapy. Thus, the aim of this study was to determine perception of professional football players about role of physiotherapy in pre and post injury. **Method** – Descriptive study in which 132 participants were included as per inclusion and exclusion criteria. A self-administered questionnaire was made and validated and sent via online platforms. The collected data were analysed. **Result-** football players have positive perception towards role of physiotherapy in injury prevention as well as in post injury rehabilitation **Conclusion** - This study shows that football players are aware about role of physiotherapy in pre and post injury.

KEYWORDS

Preception, Physiotherapy, football, Prevention, Post injury,

INTRODUCTION

Football is one of the most popular sports in the world.^[1] A football team is usually consists of 11 members in which one goalkeeper and 10 outfield players are present. The players have different positions like defensive, midfield, striking positions.

The sport team members consist of physician, physiotherapist, sports physician, athletic trainer, orthopedic surgeon, radiologist, podiatrist, psychologist, dietitian/ nutritionist, exercise physiologist, coach, fitness advisor.^[2] All members work along to create healthy, capable and resilient athletes.

Physiotherapy is an essential part of sport medicine team and is reported to play a crucial role in football team. The role of physiotherapist in football sports is pre- match analysis; guidance in protective equipment, teaching a proper technique of exercise provides guidance in warm-up and cool down program and time to time evaluation helping in the prevention of injury.

The aim of pre- match screening in sports is to reduce the number of sports related injuries and death by predisposing factors to injury.^[3] It encompass examination and subjective history to spot potential risk factor.^[4] Functional movement pattern incorporates in pre season evaluation to identify possible musculoskeletal injury^[5]. On field physiotherapist have vital role in quick assessment, treatment and to decide sustainability of players after injury.

Sports injuries occur while participating in organized sports, competitions, training sessions and organized fitness activities.^[5] Sports injuries result from acute trauma or repetitive stress associated with athletic activities; and can affect bones, soft tissues or other organs like the heart, lungs and eyes.

Football is a high intensity sports that needs high demands of strength, endurance, flexibility, balance, co-ordination and agility for their performance. Chances of injury while playing are high due to trauma on the field, tackling to an opponent or while training or during competitive matches.

Post injury players physically and psychologically are affected as they are scared of losing vocation and position in the playing team.

Physiotherapist do have role to reduce the risk of injury by using preventive strategies, by rehabilitating the injured players, by Implementation of program to enhance performance and intervention in cases of injury during sports.^[6,7]

Physiotherapy incorporating Neuromuscular control, plyometric training, eccentric/concentric strength training, agility drills, Aerobic

training, all will improve strength, endurance, flexibility, Balance, proprioception which increases the level of performance.

Poor awareness of significant care of physiotherapy have an effect on the output of players. A healthy physiotherapist and player relationship will have a better impact on recovery rate and output. Hence, knowledge about physiotherapy in pre and post injury among football player is very important because it can enhance the output of player and therefore success rate of the team.

To the best of our knowledge there are no study which has done among Indian football player about role of physiotherapy in pre and post injury, thus study aims to findout perception of football players about role of physiotherapy in pre and post injury,

METHODOLOGY

This was a Descriptive, Observational Study. The sample size was 132 with snow ball sampling method. The Professional football players with the inclusion criteria of age between 17-30 years old who have experience of at least 1 year of elite training/ practice. Both males and females were included. Players who do not understand or comprehend English were excluded from the study.

Procedure

The Data was collected with self-made questionnaire. The questionnaire was validated by experts. The Institutional Ethical committee approval was taken. An online questionnaire was made in google form. Questionnaire was sent social media platforms. Consent was taken from the participants.

Statistical Analysis And Result

The collected data was analyzed and descriptive statistics was done. The mean age of players was 20.5(SD±0.7) years. The male participants were 114(86.4%) and female participants were 18 (13.6 %) participated in the study.

Perception Of Indian Professional Football Players Towards Role of Physiotherapy In Pre-Injury

1. Role Of Physiotherapy In Injury Prevention

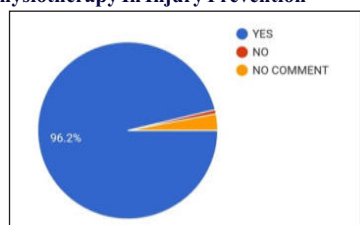


Figure 1. Role of physiotherapy in injury prevention

Table 1	No of players	%
Yes	127	96.2%
No	01	0.8%
No Comment	04	03%

Inference: 83.3% of the players perceive that role of physiotherapy is important in injury prevention.

2. Perception of role of Physiotherapy in different factors that can prevent injury

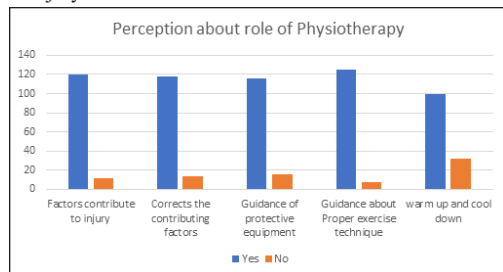
**Figure 2- Role of physiotherapist to prevent injury**

Table 2	Yes	No
Factors contribute to injury	120	12
Corrects the contributing factors	118	14
Guidance of protective equipment	116	16
Guidance about Proper exercise technique	125	7
warm up and cool down	100	32

Inference: As shown in the diagram football players know physiotherapist knows about different factors that can prevent injury.

Perception Of Indian Professional Football Players Towards Role Of Physiotherapy In Post Injury

3. Role Of Physiotherapy In Post Injury Rehabilitation

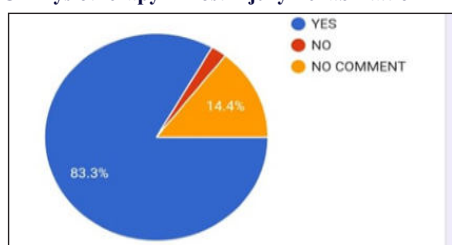
**Figure 3. Role of physiotherapy in post injury**

Table 3	No Of Players	%
Yes	110	83.3%
No	03	2.3%
No Comment	19	14.4%

Inference: 83.3% have player perceives that role of physiotherapy is important in Post injury.

4. Early return to play after implementing proper rehabilitation

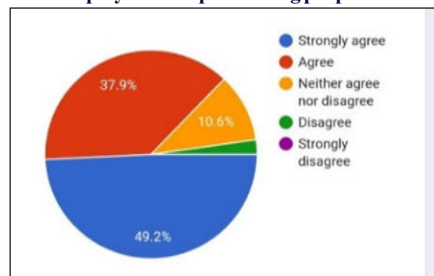
**Figure 4- Early return to work**

Table 4	No Of Players	%
Strongly Agree	65	49.2%
Agree	50	37.9%
Neither Agree Nor Disagree	14	10.6%
Disagree	03	2.3%
Strongly Disagree	00	0%

Inference: 49.2% of players strongly agree and 37.9% of players agree with the role of physiotherapy in early return to play after implementing proper rehabilitation.

DISCUSSION

The study was conducted to find out perception of professional football players towards role of physiotherapy in pre and post injuries. The mean age of football Players were (20.5) years and standard deviation of (0.7) years. Most of the participants in this study were male (86.4%). Football players (83.3%) showed positive perception towards role of physiotherapy in injury prevention. This was in terms of the scope of examine (90.9%) and correcting (89.4%) the factors that lead to injury, Guidance of protective equipment (87.9%) and proper technique of exercises (94.7%) and by providing warm up and cool down program.

Role of physiotherapy in prevention of injuries has been proven by various studies. The similar study was conducted to find out awareness among Indian professional football players about preventive strategies which showed that most of the Indian professional football players are aware about preventive strategies, but major area of lacking was use of shin guard during training, diet, cool down and stretching program in matches.^[8] Another Study done by O'Brien et al concluded that Players and staff members in professional soccer teams they strongly support the evidenced based exercise program to prevent injury.^[9]

The National Athletic Trainers' Association^[10] (NATA) proved that common cause of reduced sports activities is due to musculoskeletal injury. Pre- season assessment makes it easy to identify inefficient and/or compensatory movement strategies, and useful in rehabilitation to determine an athlete's readiness to play in sports again.

The purpose of warming up is to increase both general and deep muscle temperature and to stretch connective tissue which permits flexibility. This reduces the possibility of muscle tear and ligament sprains and help to prevent muscle soreness. Cooling down has effect on both the circulation and various body functions to pre-exercise level, thus aid to recovery period.^[7]

Football players have positive perception (83.3%) towards important role of physiotherapy in on field in terms of quick examination and treatment (94.7%) and during post injury phase.

Rehabilitation involving strength and conditioning in athletes could be highly variable as compared to the general population. the rehabilitation is done till he returns to play. A physiotherapist is trained or specialised to treat injury according to the patients' goal. Rehabilitation after a sports injury is a crucial aspect to ensure full recovery, minimize time off from sports, and to prevent reinjury.^[11]

It is evident that the role of the physiotherapist within the sphere of sport is vast and that role goes beyond the treatment of injury to a much broader role which includes providing assistance to the injured part as well as injury prevention.^[12]

In this study, we also found that the most of clubs (68.2%) does not have availability of physiotherapist on regular basis. This could be because of most of clubs appoints physiotherapist during main competitive matches. This creates the future scope of the study to find awareness among football staff members.

CONCLUSION

Thus study concluded majority of football players have positive perception towards role of physiotherapy in pre and post injury.

Conflict Of Interest

The study has no conflict of interest

Questionnaire

1. Full name
2. Age
3. gender
4. No of years as football player
5. Playing position -goalkeeper,defender,midfielder,forward

B) Role Of Physiotherapy

1. Do you have physiotherapist in your football clubs.
- Yes No

2. Do you think physiotherapist is one the important member of football clubs.

Yes No

3. Do you think physiotherapist have important role in injury prevention

Yes No

4. Do you think physiotherapist assess any predisposing factor in order to prevent injury

Yes No

5. Do You Think Physiotherapy Correct Any Predisposing Factor In Order To Prevent Injury And Recurrence Of Injury

Yes No

6. Do you think physiotherapy help in detecting minor injury before or after, training or competitive matches thus helping in maintaining general level of health and well being

Yes No

7. Do you think physiotherapy have role on Guidance of protective equipment (helmet, shin pad, etc.)

Yes No

8. Do you think physiotherapy have role in warm up and cool down programme

Yes No

9. Do you think physiotherapist provide guidance to proper technique of exercise

Yes No

10. Do you think physiotherapy help improving

- a. flexibility, strength, endurance
- b. Balance, proprioception
- c. cardiovascular fitness
- d. all of the above

11. Do you think on field, physiotherapy have role in quick assessment and treatment

Yes No

12. Do you think during matches physiotherapist decide the sustainability of player on field to continue match after injury

- Agree
- Disagree
- Strongly agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

13. How many injuries have you got/received/sustained in last 1 year

- 0
- Less than 5
- More than 5

14. how many training session and matches did you miss last season as a result of injury

- 0
- Less than 5
- More than 5

15. Do you think physiotherapy have important role in post injury rehabilitation

Yes No

16. what kind of treatment did you received after injury

- Medical
- Physiotherapy
- Self
- More than one
- None

17. If taken physiotherapy treatment then where have you get the treatment

- In sports club clinics
- On field

• Outside the sport club clinics

18. Did you get facilities to access physiotherapy services, when required

- Always
- Very often
- Often
- Sometimes
- Never

19. If no access to physiotherapy services, what were the reasons?

- Finance
- Ignorance
- Absence of service
- Not known

20. Do you think physiotherapy treatment helpful for your injuries

Yes No

21. Do you think physiotherapy help in early return to play in football after injury by implementing proper rehabilitation

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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