

SPORTS REHABILITATION AND ITS RELATIONSHIP TO KNEE INJURIES

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Abstract. The article deals the results of a study of the relationship between sports rehabilitation and knee injuries. By the data analysis and sample accumulation we determine that there is a significance relationship between knee injuries and rehabilitation and the time of rehabilitation is very important for the knee injuries.

Keyword: sport, rehabilitation, knee, injuries, athletes.

Introduction. The athletic person in the present era is distinguished by high efficiency and physical fitness. He has his own circumstances and the circumstances of his own life to maintain the quality and excellence in the field of play and movement and devote most of his time to training and exercise so that he has high endurance, for fear of injury ,if injured, his body can be easily rebuilt and repaired. It is extremely rare for injuries to show signs of a "visible impact" on an athlete's body as a result of these preparations [1, p. 56].

As a modern medical science, sports medicine is concerned with the research and treatment of various pathological and functional developments and changes in the body as a result of its movement activity under normal and different conditions. It also examines the close applied relationships of the various medical branches to the performance and practice of the individual's normal and sports activity [2, p. 94].

There are clearly many types or patterns of injury, depending on the severity, including physical (pain, discomfort, transient), emotional (fear, anxiety, nervous breakdown), social (separation with others, dependence).

Injury is considered one of the main problems facing the process of advancing athletic levels and their transfer from one level to another. The lack of familiarity with a class of players and coaches with the causes of injuries and how to prevent them from occurring, players often make mistakes that may be technical or tactical. Or poor organization in the training load or lack of preparation of the internal and external organs of the body and the unwillingness of the skeletal system to accept the effort that falls on the athlete, Injuries are not limited to the higher levels, but they are represented in all levels, and the injury may occur in training, in the match, in practical lessons, and even in the practice of light recreational activity, The incidence and types of these injuries vary, and their correlation varies with the type of activity practiced. Therefore, we must always bear in mind the principle of player safety first and put all capabilities in place to prevent injuries or recurrences to reduce their risks. And that by taking all necessary measures during training and matches and being fully prepared to provide immediate aid when an injury occurs. Because neglecting immediate aid at the time of a minor injury, which plays a vital and important role, leads to bad consequences and can double its danger in determining the athlete's sports future, states that injury prevention is the most important aspect of sports medicine, and attention to prevention programs is sufficient to keep athletes away from injuries in the sports field [3, p. 145].

In spite of all the precautionary measures currently used in the sports field to prevent injuries, and reducing it, whether during training or matches, but we notice that the rate of these injuries is constantly increasing, As a result of intense rivalries and increased enthusiasm between players in order to reach the best levels and achieve sports victories, This made the players in a state of constant competition, whether with themselves or others against time, distance, weight, or scoring goals within a limited space and various tools of stability, movement, clashing hands, or otherwise, which led to this competition creating a great opportunity for players

to be exposed to repeated injuries Others to the point that these injuries have become a sports stadium phenomenon that occurs on a daily basis[4, p. 73].

Aim of the article– to determine the relationship between knee injury and rehabilitation, to detect the benefit or role of rehabilitation in knee injuries, to reveal how many time the patients is needed for rehabilitation after knee injuries.

Material and methods. The study used the following methods: analysis of scientific and methodological literature, pedagogical experiment, pedagogical testing and methods of mathematical statistics.

Period of sample collection the case control study was conducted in the both countries (that means the collection of the sample is divided to two groups patient and normal(control): From 16 August 2021 to 28 September of the same year, the number of patients is suffering from knee injury (such as patients who underwent meniscus surgery, anterior cruciate ligament, posterior cruciate ligament and collateral ligaments, as well as knee soap operation)20 patient patients of both sexes and of different ages.

This study is a case control study. In medical research and social science, a case control study (A study that compares two groups of people: those with the disease or condition under study (cases) and a very similar group of people who do not have the disease or condition (controls), Case-control studies can also be very helpful when disease outbreaks occur, and potential links and exposures need to be identified. Because of these advantages, case-control studies are commonly used as one of the first studies to build evidence of an association between exposure and an event or disease.

Result and discussion. We make a correlation between knee injuries and rehabilitation by SPSS program in the table below (table).

Table. – Correlation between rehabilitation and knee injuries

Rehabilitation	Knee injuries	
	P value	R value
	0.039	0.282

The significance of p value is 0.05 by SPSS.

We indicate by p value there is a strong relationship between rehabilitation and knee injuries and one of them is affected by other one also we approved that by r value.

Conclusion. By the data analysis and sample accumulation we determine that there is a significance relationship between knee injuries and rehabilitationand the time of rehabilitation is very important for the knee injuries.

Knee injuries are very dangerous, as they can lead to a violation of hisfunctions and inability to move normally. Due to the special structureknee joint treatment is expected to be complex and lengthy. Beforeto choose a technique, it is necessary to be very carefully examined. After receiving the results, the doctor prescribes individual therapy, which depends on the location of the injury, the severity. Restoration of functions of all partsjoint is possible only with an integrated approach.But it is necessary seriouslyto think over and prepare a set of exercises that should involve all muscle groups in the work, thereby normalizing articular-motor activity.

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