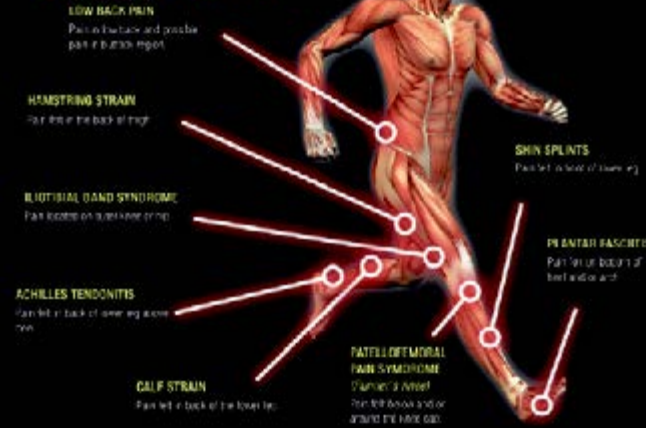


# COMMON RUNNING INJURY SYMPTOMS



an extraordinary amount of overuse. And that's why sports physiotherapy, though still in nascent stages in India, is an extremely significant field that cannot be ignored. She breaks down the whole process into three simple steps: Warm-up, strength conditioning, and cooling down. Simple though it sounds, the importance of these steps cannot be over-emphasized. To counter the wear and tear of the body, sports physiotherapy is provided to players to keep their body parts functioning smoothly. Dr Richa compares it to a complicated machine that needs thorough servicing to give the best performance and maximum mileage. Sports physiotherapy is a



**DR RICHA SINGH**  
Physiotherapy exponent



## Sports physio, the unseen saviour

DR RICHA SINGH EXPLAINS THE SIGNIFICANCE OF SPECIALISED SPORTS PHYSIOTHERAPY

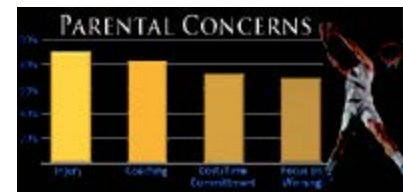
BY SMITI JAIN NARAYAN

Whenever you watch a cricket match, a badminton tournament or a football game with rough tumbling of players, you see the glamour of the game, the highs of a win and the lifestyle of the players. Little do we spare a thought for what must be going on behind the scenes, what hardships the sports person has had to endure to reach this space and the kind of extreme torture they have put their bodies through to achieve their presence on the venerated sports field or court.

A visit to Dr Richa Singh, a passionate exponent of physiotherapy will enlighten you on the torment behind the glamour that our favourite sports people go through. It's like putting the body through a wringer, she explains. They are pushing the boundaries of human endurance, subjecting their physical body to its extreme limits as they strive to achieve the pinnacle of their particular sport. This is not just in sports like boxing or wrestling, even in the so-called non-combative sports where it looks so easy to the lay audience, the body is put through



specialised process that targets specific joints, muscles, ligaments, tendons and bursa which get aggravated during a game. Postural correction, the right exercises and focussed physiotherapy treatment and management are most important. Sports physiotherapy focuses on long term solutions for various conditions as well as short term pain relief and healing. Another important aspect is teaching self-treatment and self pain control for times when the physiotherapist is not present physically.



The benefits of sports physiotherapy are holistic according to Dr Richa as she outlines them here:

- Kills and decreases pain
- Faster healing
- Improvement with less or no medication
- Understanding your condition in-depth
- Learning how to self-treat your condition
- Short and long term solutions for your unique problem
- Return to your sport earliest, with optimum performance

It's clear from the above that sports physiotherapy needs to be custom-tailored to each individual and there cannot be a one-size-fits-all solution. The right type of sports physiotherapy can go a long way in preventive management of injuries as well as post problem treatments in sports persons.