

## Preventive and Curative Role of Physiotherapy in Sports Injury: Situation Observation in Bangladesh

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Demand of physiotherapy in sports sector is increasing tremendously day by day. It is often observed that when a player fall in injury in the field a man go to field, quick assess and make the player fit within a minute- it is the magic of physiotherapy. Everybody we know it is the time of competition and every player tries heart and soul to win by any means. As a result injury is very common now either due to player to player contact or due to player to field contact. In Bangladesh popularity of various sports is increasing specifically cricket, football, hockey, handball, rugby, gymnastics etc simultaneously demand of physiotherapist is also increasing but it is regret to say except cricket as well as football no team has physiotherapist even only sports institute BKSP (Bangladesh Krira Sikkha Protistan) has no physiotherapist. A player commonly introduce with sprain, strain, muscle pull, hamstring injury, subluxation even fracture during game period or practice session. Some injury needs immediate recovery as well as some requires long term rehabilitation. Physiotherapist can play vital role in sports sector including preventive as well as rehabilitative. He usually deals with building up muscles, increasing endurance, adapting proper technique, ensuring sports nutrition so that chance of injury is less seen. In a nutshell we can say that physiotherapist make the player fit for the game both physically as well as psychologically. On the other hand he rehabilitates the player gradually after a major injury. So physiotherapist works pregame, during game and post game. In developed country we see every team has physiotherapist even our neighboring country India has emphasized on physiotherapy and rehabilitation but our country is far behind in this regard. Our cricket is going upward day by day and one of our famous cricketers admire of physiotherapy behind their success. I think other discipline of sports can follow this. Due to absence of physiotherapist in a team career of player can ends in early due to injury. Few years back I observed a quack was treating soccer with ice in an open wound and the player was crying at that time. I think the scenario is worst in district level games. So time has come to think about necessity of physiotherapy in sports sector to upliftment performance of player and for betterment of player. It is recommended to provide physiotherapist in every team both centrally and peripherally.

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