

The Role of Physiotherapist in Sport

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Purpose: This article aims to explain the role of the physiotherapist in sport in the care of acute sports injuries and optimization of movement stereotypes. These two roles are completely different and have their own characteristics. The health aspect is one that is neglected in professional sports. Physiotherapist's role in the preparation of athletes this may change. However, it is necessary to make a compromise and besides quality also to ensure freedom of movement.

Annual training cycle: To understand the importance of kinesiotherapy in sports training is required to inform the periodization of the annual training cycle in the sector of sports. This training cycle is divided into four parts. There are preparatory, pre-competitive, competitive and transitional period. The most important part of the annual training cycle is a preparatory period. Within it athlete undergoes greatest training block. The aim is to gradually develop all fitness, technical and psychological requirements.

Sports physiotherapy in acute injuries: The role of physiotherapist in acute injury is to accelerate healing processes in the body of an athlete. In this situation conflict can occur as a sportsman and his coach due to different perceptions of health and competitive relations. Due to excessive motivation and desire to compete may athlete and his trainer want to rush rehabilitation. There is a place for the education of the current status and ongoing healing processes in order to avoid impairment, or more serious consequences. Physiotherapist should work in order to support self healing process.

Sports physiotherapy in optimization of movement stereotypes: If the physiotherapist wants to change movement patterns is needed to know the periodization of training cycle. Work on changes of movement stereotypes can lead to impair of technical skills and a temporary drop in athletic performance. A good time for inclusion of kinesiotherapy is in the transitional period. Sometimes we can place it after the main peak of the season, if other races are not so important. Some athletes implement the kinesiotherapy in the whole training programme. They realize that it is a good investment in the future health and serves to eliminate the impact of professional sport.

Conclusions: It was suggested that rehabilitation in sport can play a high role in preparing athletes. But it cannot substitution the whole training programme. It serves as a complement of training programme to improve performance. Also it eliminates health risks of unilateral overload. From experience with top sport we can say that this opportunity is not used with czech athletes and sports clubs mostly due to bad economic situation. Raise awareness of this possibility is also one of the tasks of a physiotherapist, who in his practice deals with the care of athletes.

Key Words physiotherapist – kinesiotherapy - sports physiotherapy – training cycle – acute injuries – movement stereotypes