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Acute Cervical Spinal Epidural Hematoma Following Cervical Massage: A Case Report

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Abstract

This article addresses one of the most essential elements of sports training: sports medicine and its importance in the field of sports. The study followed a scientific research methodology based on investigation, inquiry, and observation. It examines the importance of sports medicine in treating sports injuries and its role in preventing injuries among athletes participating in both individual and team sports.

The researchers arrived at several findings, the most important of which is that sports medicine plays a crucial role in the early detection and prevention of sports injuries. The study also involved three separate questionnaires: one designed for doctors, another for coaches, and a third for runners and athletes in general. The majority of responses were positive, confirming the validity of the research hypotheses.

Keywords: Sports Medicine; Treatment of Sports Injuries; Injury Prevention; Importance of Sports Medicine; Early Detection of Injuries

1-Introduction:

Sports medicine is one of the most important sciences on which we can draw in various fields, in particular sport. Coaches must rely on all individual and group matches. Physical preparation is a science in its own right. Sports medicine is one of the most important factors in reducing injury to athletes. Collective and individual sports players.

The researcher wanted to show the importance of treatment and first aid to maintain the safety of players and their future sports.

1.1. Literature Review

Sports medicine is emerging as a multisectoral science, sports medicine and pedagogy overlap and this overcapacity guarantees that their benefits are adapted to financial requirements, awareness. (Thil, 1989.)

Sport at the international level is strongly linked to the two main factors of the intensity factor, and the factor of permanence or continuity or reaching the difficult summit and staying harder, The national sports movement has undergone a great development, this which necessitated the development of new scientific disciplines which study all aspects of sports, or sports on the face In particular the first sense of its development, and the first to be affected by its consequences. Studies on physiological, morphological and anatomical aspects have emerged. (Thil, 1989.).

The Algerian is one of the countries that are lacking in this field, such as specialists or the existence of centers specialized in this field and the means and especially in sports clubs, many young talented players have emerged significantly in the field of football and are in the process of professionalism or evolve into high levels of world level, that after the insult has not found the care and treatment adequate and necessary to return and maintain its physical form and its physical level, as well as the necessary education of teachers asked us the following question:

What is the importance of sports medicine in the treatment of sports injuries?

What are the reasons for the high incidence of injuries among Algerian handball players?

2-the importance of studying:

The study of this research allows us to highlight the contribution of sports medicine in the treatment of sports injuries and to improve the return of handball players, where the study deals with the positive relationship between sports medicine and to increase the return of handball players in addition to the reasons explaining the multiplicity and multiplication of injuries among handball players, an overview of sports medicine, its importance, its fields and its role, and to provide relevant and knowledgeable executives as well as readers of information about various sports injuries and treatment methods, and injury prevention methods.

3-Special concepts :

The emergence of medicine in general or of sports medicine in particular dates back to a very ancient time, sports medicine appeared before sport itself.

Before the advent of the 1976 Olympic Games, interest in sports medicine appeared, since sport had not yet existed on that date. In Greek civilization, the Greeks considered health as the highest goddess, and they granted very important physical activity as they were the most important prerequisites for health.

Medicine has a great capacity for the prevention and treatment of diseases. In comparison, there are other civilizations linked to sports medicine, such as the Chinese civilization. For thousands of years, they have used gymnastics to maintain health. In yoga, there are many exercises that have a therapeutic function. Doctors and doctors practiced physical exercises against diseases, and many of the drawings and research that have been found, which firmly confirm that gymnastics was used as well as bathing, bathing had a role of care in the East, as for the Greeks, the field of gymnastics has a large swimming pool made for except in the Middle Ages, the vision of Europeans on baths and gymnastics has changed. The spread of infectious diseases, "gonorrhea and salsa" in 18th century Europe, reduced the number of collective baths and used less. (bohme, 1990)

4 -Terminology :

4-1- Definition of Sports Medicine:

Sports medicine is one of the modern medical specialties in which the various branches and medical arts are applied to physical activity in general and to sports practice in particular. This concerns the return of the game after an injury or an injury to a hero, as it was in the same degree of physical condition and art of the previous illness and injury.

Sports medicine as a modern medical science deals with the research and treatment of various functional and pathological changes and changes in the body resulting from its locomotivity under normal and different circumstances. It also examines the close relationships applied of the various medical branches with the performance and the exercise of the normal and sporting activity of the individual. (bohme, 1990)

4-2-The Concept of Medical Surveillance:

- a set of measures taken to avoid risks and prevent injuries and accidents.
- is a specific treatment for cases of illness or incapacity of the players and varies from one case to another and includes periodic monitoring of the situation and care throughout the treatment period (rossout, 1994)- For any practice of any kind directly or indirectly exposed to various incidents, due to the great friction and the great vitality that characterize handball. (rossout, 1994)

4-3-Objectives of Sports Medicine Science:

- Access athletes to a level of physical, sanitary, psychological and mental health and maintain this level as long as possible.
- Guide young people towards games adapted to their potential on the basis of anatomical, physical, functional and psychological tests.
- Define areas of scarcity and the condition of players on health, legislative, functional and psychological aspects and compare them to what the individual should be according to the requirements of the game and under the different stages of Sunni. (Thil, 1989.)
- Guide the players on what must be done to maintain the health of the players and their physical and psychological security in the exercise of the sporting activity.
- The use of appropriate therapeutic means to treat sports diseases and injuries in cooperation with different branches of drugs such as bones, surgery, neurology and physiotherapy.

4-4-Functions of sports medicine:

The main tasks performed by sports medicine are:

- Test, guidance, control and treatment of athletes in a structured framework.
- Determine the state of health, physical development as well as the status and function of the members of the practice.
- Monitor and evaluate changes resulting from training.
- The evaluation of the physical pain during the competition and the monitoring of the athletes require coordination between the trainer and the specialist doctor.

-Relation of sports medicine to sports training:

There is a close relationship with sports medicine in general sports training. For example, a physiological assessment makes it easier for the qualified trainer to see the general fitness level of his team and thus choose the most appropriate elements for the matches. The athlete's sports specialist advises on the general training plans and the timetable for their application for each player. In terms of the training dose of each in each training, and his opinion on the dates of rest and nutrition and the quality of training required and the impact of current and previous injuries on the level of performance of each player. (Reyad, 1998.)

5-Field and AppliedStudy:

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Table (1): The results of the players' answers about the availability of their team to a doctor.

The answer	Duplicates	percentage
yes	35	%35
no	65	%65
glob	100	%100

It can be said that the reason for the increase in the proportion of players who were referred to a GP due to the lack of lack of specialists in sports medicine as well as the lack of centers for sports medicine to take care of them. This can be explained by the fact that some injuries are not serious and require treatment by the doctor, or that the player must under go treatment for his own injury.

Table (2): The results of the players' answers on the improvement or decline of their game yield.

The answer	Duplicates	percentage
Improved	13	%13
Remained	36	%36
unchanged	51	%51
glob	100	%100

In the table, 51% of the players lost their return, while 36% of the players remained the same. 13% of players have not improved their performance. Treatment by the general practitioner who was referred to him, insufficient knowledge of the size of the injury by the general practitioner, as well as the lack of specialists and sports medicine centers to treat them**.**

Table (3): The responses of the players on the requirement of the trainer to them make periodic medical monitoring after the injury.

The answer	Duplicates	percentage
yes	45	%45
no	35	%35
glob	100	%100

The following table shows that 45% of the players answered: Yes, that is after the injury, the coach requires periodic medical monitoring, while 35% answered: No, that is, the coach does not require periodic monitoring and the high proportion of players who said that the coach They are required to conduct periodic medical monitoring to indicate the degree of awareness of the coach of the risk of injuries and their keenness on the full recovery from injury for the safety of their health.

Table (4): The responses from the players on what the intensity of the training load during the training sessions increases the risk of injury.

The answer	Duplicates	percentage
yes	71	71%
no	29	29%
glob	100	%100

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The table shows that 71% of the players answered: Yes, that is, the intensity of the extra training load in the training sessions increases the risk of injury. 29% of the players answered: No, The high percentage can be explained by the fact that some exercises contribute to the injury of players, especially the most difficult ones .Requiring a good heating as well as the intensity of the training will make the players more susceptible to injuries.

Table (5): The results of the players represent their answer on whether the coach is changing the player if injured.

The answer	Duplicates	percentage
yes	75	%75
no	25	%25
glob	100	%100

It is clear that 75% of the players answered: Yes, that is, if one of them is injured during the game, he is replaced by a doctor. 25% of the players answered: No, if one of them is injured, , And we can say that the reason for the rise in the proportion of players who replied that the coach is changing when the injury of a player after consultation with the doctor may be due to injury to the player seriously, which requires consulting with the doctor to change it.

6-Conclusion of the player questionnaire:

By observing the results of the questionnaire for the players in the table and analyzing it, we found that most of the separation does not contain a doctor, even if found, it can be either a general doctor or a nurse, probably due to lack of material aspect or lack of interest in the health of players, On the return of their games, especially when one of them is injured, it may be directed to a general practitioner, the latter does not have sufficient knowledge of sports injuries for treatment or may bear the cost of treatment itself, and may be the injury that is not serious that require treatment of the doctor, Adversely affect the return of toys Especially when the treatment by the GP or the team doctor is not effective or the medical medical observation imposed by the doctor is not sufficient to the extent required by the injury, and this may be due to the lack of experience of the doctor and not know the size and type of injury, this contributes or makes the return of the players is falling and does not improve .

And sometimes the player may contribute itself to the decline in the level of performance and the return of the game, especially when he does not comply with the doctor's advice or the period of recovery imposed by the doctor and this is what we see significantly through the questionnaire, and may be due to the lack of awareness of the size of the injury or recklessness, In general, we can say that there is a need for a specialist in sports medicine. Therefore, each team is an urgent necessity, and this is what the players agreed upon in the questionnaire because of its benefit to the team in general and to the players in particular by contributing to improving their performance and the return of their games. Protection and preservation of their health , Which validates the hypothesis that sports medicine has an impact on the return of football players.

Where we found after the questionnaire with the trainers about the existence of a center for sports medicine in Algeria shows that there is no center for sports medicine is a reason for the lack of medical follow-up of players and lack of care in addition to the shortage of specialists in the field of sports medicine, as well as lack of material aspect and lack of guidance to a lesser extent and The indifference in some cases resulted in the lack of a special treatment room within each team. What we noticed in these teams is that most of them are available only to the nurse, the latter, whose presence is observed only during matches and sometimes does not attend due to his professional ties. Safety and health And that there is some negligence on the part of the coaches, by imposing them to perform medical examinations on the players only at the beginning of the season, which is not enough and is considered a failure on the right of the players, all this make the coaches collect on The inevitability of a center for sports medicine and its dissemination at the regional and state level in order to take care of all injured players

Where we found a shortage of doctors in sports clubs, which is contrary to modern science.

From the field study we conducted using the questionnaire, we found, unfortunately, that the importance and place of sports medicine in sports football was not given, due to the absence of specialists or perhaps to the lack of physical aspect of these teams. This is because of the negative on the athletes from the health side by exposure to various injuries The sport is characterized by physical friction and extreme competition. On the sports side, the level of sports is deteriorating because of the seriousness of the injuries and their recurrence, and the absence of periodic medical follow-up.

As well as the absence of these teams to a specialist doctor or even a general doctor who conducts periodic medical monitoring of the players and monitor them during and after the exercises, or even during the course of the games, and this problem suffers from football.

On the other hand, the lack of awareness and lack of guidance from the trainers to the players led to the lack of periodic medical follow-up, and does not give players tips or guidance and guidance to protect them from the specter of injuries while exercising.

In addition, they neglect the health of the players and their interest in achieving the results in the games more than caution of injuries and good performance, so it is the duty of coaches to care for the players and follow them health throughout the sport, so exercise in the best conditions.

7-Suggestions:

1- The existence of a law requiring the presence of a doctor specialized in all sports clubs

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2- Construction of special halls for sports rehabilitation to speed up the recovery of players.
3- The need for periodic monitoring or follow-up of the players by the coaches
4 - Restoration of sports facilities of playgrounds and make them commensurate with the security rules.
5 - Giving larger budgets to these teams and allocating part of them to support sports medicine and give its place.
6 - The development of a compulsory law requiring periodic medical follow-up of the players for more than once during the year.

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