

A Basic Introduction

The History of Sports Medicine



A. The historical development of Sports Medicine

1. The origins lie in Ancient Greece and Rome, where physical education was valued and an integral part of an adolescent's life.


2. The care of athletes was done by "specialists". These people were thought to have special knowledge in diet, physical therapy, and sport-specific techniques.

3. In the 2nd century AD, the first team doctor was Galen, who was appointed to the Gladiators.



4. This marked the beginning practice of having a doctor involved all of the time, not just when an injury occurs.


5. It is also evident that "Sports Medicine" has always been multidisciplinary, including the preparation of athletes for their sport as well as the treatment of injuries.



What is Sports Medicine?

B. What is Sports Medicine?

1. It is an umbrella term that includes all professionals concerned with enhancing the performance and health care of physically active individuals (sport, exercise, or recreational activity).



2. It encompasses all phases of medical concerns relating to athletic activity

- biomechanical,
- psychological,
- nutritional,
- environmental,
- pathological, and
- physiological

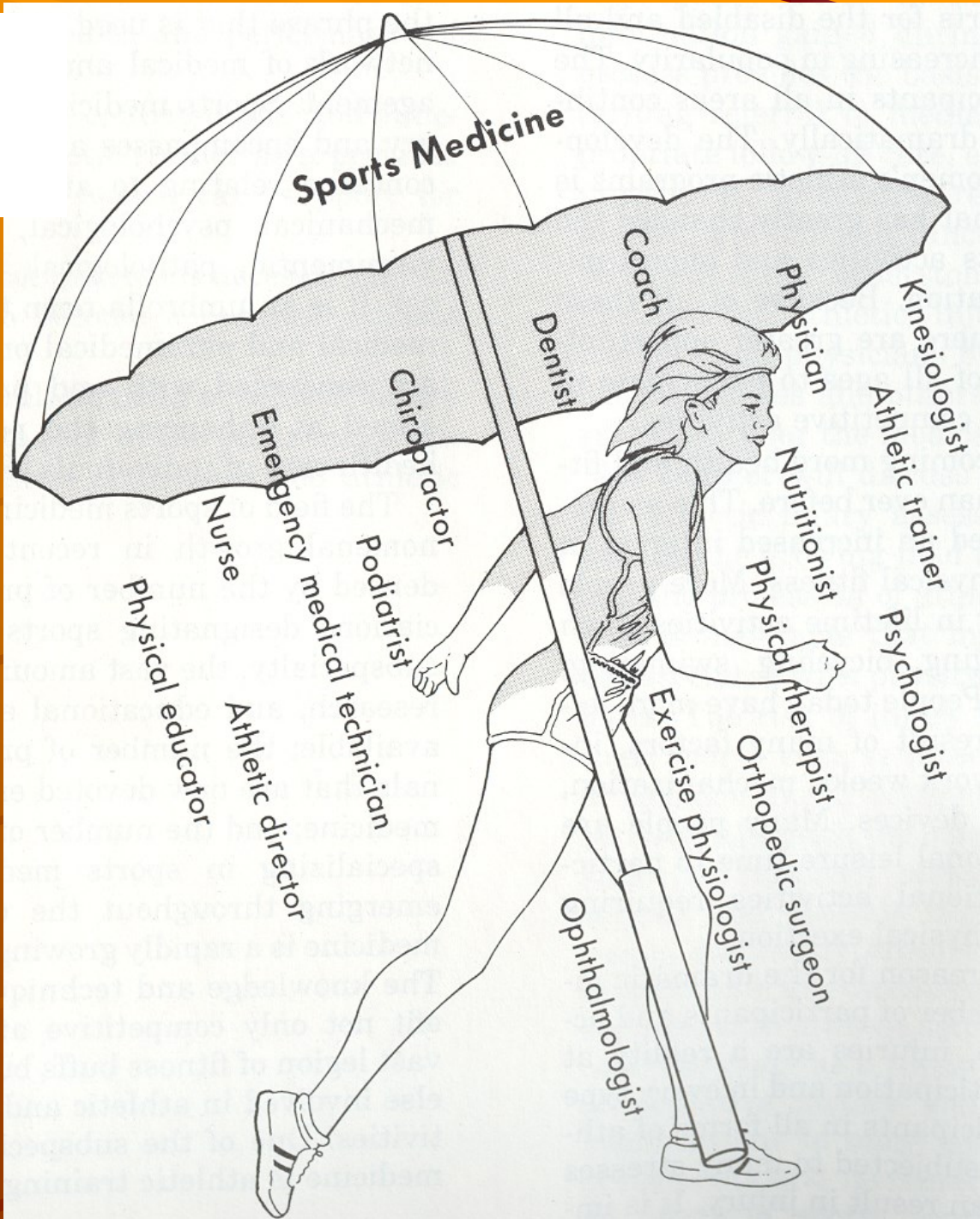


The Umbrella

3. Professions that fall under the Sports Medicine umbrella:

- Athletic Director, Athletic Trainer,
- Emergency Medical Technician (EMT), Paramedic,
- Primary Care Physician,
- Orthopedic Surgeon,
- Physical Therapist,
- Podiatrist,
- Chiropractor,
- Ophthalmologist,
- Dentist,
- Exercise Physiologist,
- Nutritionist, Psychologist, Kinesiologist

The Umbrella



Growth of Sports Medicine

4. The Sports Medicine field has grown rapidly, especially in the last 30 years:

- a. Increase in the number of professional associations designating Sports Medicine as a subspecialty
- b. Increase in literature, research, and educational experiences
- c. Increase in number of professional journals (peer-reviewed)
- d. Increase in the number of medical clinics specializing in Sports Medicine



e. Women's Health, with addition of Title IX in 1972, has increased the most. Common topics include ACL injuries, exercise during pregnancy, and the female athlete triad.

f. Sports Medicine philosophy evolved to show how important exercise is to prevent many chronic diseases such as diabetes, heart disease, and osteoporosis.....

“Exercise is medicine”!



g. ACL injuries no longer end a career, surgery and rehab process became more aggressive, and return an athlete to their sport in 6 months



h. The future: continue to promote "Exercise is medicine", stem cell research and growth of new tissue outside the body, improved surgical techniques

C. The Sports Medicine Team


1. To ensure a safe environment for maximal sport performance, a collaboration of professionals are needed – medical, paramedical, and professional personnel.



2. The primary Sports Medicine team includes the team physician (if applicable), the primary care physician (PCP), the Certified Athletic Trainer (ATC), and the Coaching Staff.

Responsibilities

-They are responsible for the series of events to provide the immediate care of an injured athlete, getting more advanced care if needed, notifying the parents/guardians, rehabilitation (if needed), and the safe return to activity.



3. Others to complement the Sports Medicine Team include equipment managers, facility administrators (such as our AD, Coach Partridge), physical therapists, and other allied health care professionals.

D. Certified Athletic Trainer

- First Responders
- Follows guidelines, standards of care
- Stabilize until further help arrives if needed
- ATC assesses injury, lead through rehabilitation
- ATC decides return to play
- Refer if needed!