

Kinetic recovery in competitive sports

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Abstract

The present research is a particular study on the physical therapeutic recovery of a competition handball player after a fracture with a dislocation on the forearm.

The gravity of the trauma produced under different sporting activities is determined not primarily by the lesions, but by the fact that traumatized sportsmen are obliged to give up competitive activity for a variable time-span depending on the trauma. The physical recovery for sportsmen has many different aspects in comparison with similar trauma on people who are not sportsmen.

Within our research frame for establishing treatment strategies and the evaluation process, we have utilized the following methods in our research: interview, observation, measurements.

The evaluation of performance sports is based on actual evidence recorded in arbitration files. The conclusion drawn from the data is that both the functional recovery and the sporting performance have an ascending evolution.

To conclude, the results comprise a marking progress in obtaining similar performance to that prior to the moment of the accident.

Keywords: kinetic therapy, trauma, competitive sports.