BÖLÜM 19

SPORDA REHABİLİTASYON VE EGZERSİZ

Betül ÇİFTÇİ[1]

Giriş

Kas, ligaman ve kemik hasarına neden olan spor yaralanmaları tedavisinde cerrahi ile birlikte gelişmiş rehabilitasyon protokolleri uygulanmaktadır. Rehabilitasyon süreci, yaralanma sonrası tanı konulması ile birlikte başlar. Spor rehabilitasyonunda esas amaç hasar öncesi fiziksel ve duygusal seviyeye geri dönüşü sağlamaktır.

Modern rehabilitasyon protokolleri takım çalışmasını gerektirir. Spor hekimi, spor fizyoterapisti rehabilitasyon ekibinin en önemli üyeleridir. Bazı durumlarda psikolog ve diyetisyen de bu ekibe katılmaktadır (1). Spor rehabilitasyonu sürecinde yapılan spor aktivitesinin detaylarını bilmek sporcudaki biyomekanik ve psikolojik etkilerini anlamak açısından önemlidir. Bu nedenle biyolojik, psikolojik ve sosyal faktörlerin bir bütün olarak değerlendirildiği biyopsikolojik yaklaşım son zamanlarda önem kazanmıştır. Uyku, bireyin özgüveni, kendi kendine algılanan stres gibi atletik performansı etkileyen psikososyal sağlık değişkenleri spor performansını da etkileyen faktörlerdir ancak biyolojik ve psikososyal değişkenlerin birbiriyle olan etkileşimi ve yaralanma riskini arttırması ile ilgili bilinmeyenler çok fazladır. Bu konuyla ilgili çalışmalara ihtiyaç vardır (2).

Sporcuların yaralanma öncesi sağlık ve fiziksel performans verilerinin bilinmesi yaralanma sonrası rehabilitasyon hedeflerini oluşturmak açısından önemlidir. Tüm sporculara spor sezonu öncesinde bireysel sağlık değerlendirmeleri yapılmalı verileri kayıt altında tutulmalıdır. Böylece yaralanma durumunda rehabilitasyon planlaması daha kolay olacaktır (3).

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