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Rehabilitation might help them get moving again, regain their strength, relearn skills,

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or find new ways of doing things. If you have rehabilitation, the aim is to help you lead as good a life as possible.

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Injury happens all too often when players rely too much on raw talent

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and instinct and not enough on conditioning. Physical rehabilitation takes heart, time, dedication, and discipline.

Replacing lost dexterity, strength, and stamina is half the battle, of course.

Avoiding re-injury and permanent loss of capabilities must also be prioritized.

Why You Need

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Physical rehabilitation restores and enhances

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the ability of people with physical impairments. Most of these impairments are injuries that affect joints, bones, spinal cord, muscles, ligaments, and nerves.

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Elsevier: Physical Rehabilitation of the Injured Athlete ...

If your injury or medical condition is limiting your ability to move and function in your daily life, you may

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need to see a physical therapist. Physical rehabilitation, or simply rehab, involves physical therapy which helps relieve pain, promotes healing, helps restore function and movement, and provides strength, endurance, and balance.

The Most Common Injuries That Require Physical Therapy

Physical Rehabilitation

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3rd Edition Nadelson,

Craig S. B.S., D.O.

Medicine & Science in

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Physical therapists can

assist immobilized

patients with effective

cough techniques,

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secretion clearance, stretching of the thoracic wall, and suggest abdominal support belts when necessary. The amount of time a patient is immobilized may depend on the level of the spinal cord injury.

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