

MUGBERIA GANGADHAR MAHAVIDYALAYA

Dept. of Physical Education

Sub: Sports Medicine (Unit-1.2)

By

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WHAT IS SPORTS MEDICINE

- the branch of medicine concerned with the treatment of injuries or illness resulting from athletic activities

princeton.edu

- The branch of medicine that deals with the effects of sport and exercise on the body, especially the treatment of injuries so received, and also studies the physiology of exercise

wikipedia.org

Sports Medicine

**Human
Performance
Enhancement**

Exercise Physiology

Biomechanics

Sport Psychology

Sport Nutrition

Strength & Conditioning

Personal Fitness

Trainers

Athletic Training

**Injury Care &
Management**

Sports Physical Therapy

Practice of Medicine

Sports Massage Therapy

Sports Podiatry

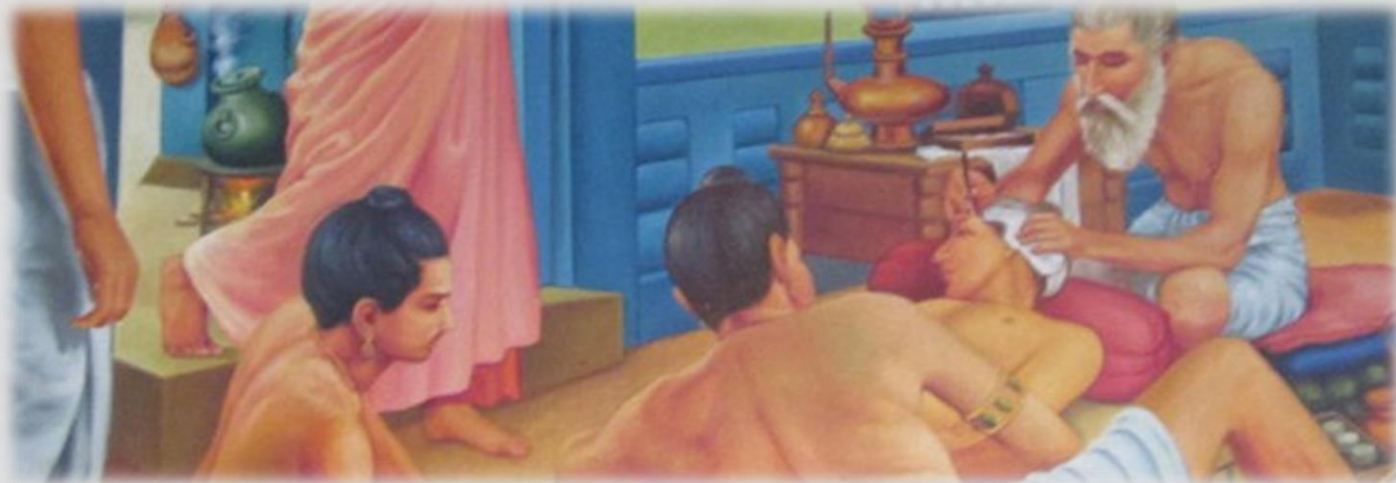
Sports Dentistry

Osteopathic Medicine

Rehabilitation

HISTORICAL DEVELOPMENT OF SPORTS MEDICINE AS A DISCIPLINE

Sports Medicine is not a new concept or a subject; rather it is very old concept and it was practiced from the barbaric years. The evidence of this is available in our Vedas and epics like Ramayana, Mahabharata and other sacred literatures.



Historical Development of Sports Medicine as a Discipline. Continue.....



In the [Ayurveda](#) -- the medical manuscripts of Ancient India dating between 800 and 100 BC, Exercise and massage were recommended for chronic pains in joints, muscles and tissues.

Though games and sports were part and parcel of human civilization and many exercises and treatments were available at that time but the written documental proof is only available in Ayurveda.

Historical Development of Sports Medicine as a Discipline. Continue.....

480 BC --- An ancient Greek writer and Gymnast Hirodicus recommended exercises for sick people, but his exercises were so vigorous that he was criticized by his contemporary Hippocrates in many ways.

460 BC --- Hippocrates himself made many references of to the value of exercise, and he even recommended exercises for mental diseases.

Historical Development of Sports Medicine as a Discipline. Continue.....

120 BC to 117 AD --- In Greece the exercise and other related things like diet, massage, walking, running etc. were recommended for better health and even care through these were for those suffering from tuberculosis, heart diseases and mental disorders .

130-201 AD --- A Greek Physician did the systemic description of the human body, explained that the muscles are meant for contraction. He also explained about the connections and functions of the arteries and veins. With this Galen is considered as the first team Physician.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **5th Century AD** --- Medical rehabilitations were done through hydrotherapy, and the use of weights and pulleys.
- **10th century** Greek Surgeon Galen developed the first surgery to successfully remove arrows from the body. Galen also taught trainers and developed techniques to improve athletes' strength. Galen was also the first Physician to treat the injured Gladiators.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **10th Century** --- In the 10th century, the Arabic physicians translated the work of Greeks and the Romans Physicians and added their own observations and recommendations.
- **14th to 15th Century**---Interest was intensified in medical gymnastics in Europe during the Renaissance by the rediscovery of the original Greek contributions.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **1553 Ad** ---The first printed book on exercise by a physician Dr. Christobal Mendez of Spain was published. He advocated exercise for older persons and also for those who were crippled.
- **1530- 1608 AD** --- A landmark of sixteen century was publication of six books in Europe on the art of gymnastics --- the preventive and therapeutic form.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **Beginning of 19th Century** --- With the beginning of the 19th century under the influence of P .H Ling from Sweden and others from European countries the true concept of Physical education was born. Ling introduced about the semi-active, semi-passive and resistance exercises, which became very popular in later years.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **In 1898** -- The first English publication on sports medicine came out as a section on first aid in the encyclopedia of sports, describing practical measures of emergency, treatment of wounds, insect bites, injuries sustain in cricket, boxing, football etc.
- **1911 AD** -- Dr. Siegfried Weissben from Germany produced two volumes work that he called 'Hygiene de Sports', which is probably the first book dealing comprehensively with what we today call as sports medicine.

Historical Development of Sports Medicine as a Discipline. Continue.....+

- **In 1928 AD** --- At the second winter Olympics in St. Moritz Switzerland the International Federation of Sports Medicine / Federation International de Medicine du Sport (FIMS) was established in 1928, shortly after the start of the modern Olympic Games.
- Physicians from 11 countries founded this - Association and the First President was: Wilhelm Knoll from Switzerland.

Historical Development of Sports Medicine as a Discipline. Continue.....

- FIMS is a structured and well-organized association, strongly committed to the promotion of the study and development of sports medicine throughout the world. FIMS is made up of continental and national sports medicine associations, as well as multinational groups and individual members.
- FIMS' educational function is strongly promoted through its courses (Team Physician's Course), international congresses etc. held regularly, and the publication of scientific information related to sports medicine (Position Statements, International Sports Med Journal).
- The aim of FIMS is to assist athletes in achieving optimal performance by maximizing their genetic potential, health, nutrition, and high-quality medical care and training.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **1928 AD** — the congress of Sports Medicine again met at the Amsterdam Olympics in Holland in the same year, where 281 physicians representing 20 countries were present and they all included three principle purposes in the constitution.

Historical Development of Sports Medicine as a Discipline. Continue.....

Purpose of FIMS ---

- To inaugurate scientific research in biology, psychology and sociology in relation to sports.
- To promote the study of medical problems encountered in physical exercises in sports in collaboration with various sports federations.
- To organize international congress on sports medicine at the venue of each Olympics.

Historical Development of Sports Medicine as a Discipline. Continue.....

- **1932** first meeting of international congress on sports medicine was supposed to held at Los Angeles but could not take place because of unknown reasons.
- After this the international congress on sports medicine became a regular feature.

SPORTS MEDICINE IN INDIA

- Indian Association of Sports Medicine was established in 1971 at National Institute of Sports (NIS) Patiala, the headquarter of IASM is situated at J.N Stadium, New Delhi.
- The IASM got the affiliation from International Sports Medicine Federation in 1972 at Munich Olympic Games.

SPORTS MEDICINE IN INDIA: - Continue.....

• The Indian Association of Sports Medicine meets every year , organizes seminars, publishes a journal and other objectives of the association are as follows:-

- To guide and assist in the promotion of physical fitness among people.
- To provide scientific guidance and assistance to the sports fraternity, regarding the medical health aspects of training in sports.
- To conduct research in the field of sports medicine.
- To print and publish articles, periodicals and pamphlets on topic related to sports medicine & allied Science.
- To provide assistance in establishment a National Institute of Sports Medicine, and assist the state units to establish sports medicine Centre or institute within their jurisdiction.
- To organize seminars, symposiums and workshops in the Sports Medicine & allied Sciences.
- To organize and cause to organize state units and to get them affiliated as members of IASM.
- To do all such other acts congenial and conducive to attain the objectives of the IASM, and for promotion of sports in the country on a sound scientific basis.

SPORTS MEDICINE IN INDIA: - Continue.....

- Sports Medicine has come a long way as a discipline offering valuable service in understanding, and influencing human behavior in physical activity and sports.
- Sports Medicine specialists are serving as consultants, counselors, performance enhancers or educators to provide scientific input to the elite budding sports persons.

SPORTS MEDICINE IN INDIA: - Continue.....

- Sports scientists are involved in sports psychology, sports nutrition, sports biomechanics, training methods, rehabilitation and research.
- Indian Association of Sports Medicine is a professional body, which encapsulates professionals from the diverse fields of sports sciences.
- The aim of IASM is to have a better interaction between different categories of sports scientists.

Thank You