

2nd International Conference on
ORTHOPEDICS & ADVANCED CARE
&
2nd International Conference on
OBESITY & ITS TREATMENTS

February 25-26, 2019
Singapore City, Singapore



Sheetal Kalra

SGT University, India

Integrated role of yoga and physiotherapy in sports injuries prevention

According to a recent estimate approximately 30 % of the population worldwide is engaged in one or other kind of sports and approximately 60 % of them suffer from various kinds of sports injuries and a large percentage of sports men are rendered unfit for further sports life due to the nature of injuries they suffer from. Poor fitness in the form of inadequate flexibility needed for the type of sports, core strength, balance, agility and the psychological factors like anxieties, stress associated with the game not only hamper the performance of the players but also make them prone to injuries. Physiotherapy has its origin in Yoga. Integrated role of Physiotherapy and Yoga can be useful components of comprehensive preventive and treatment programs in

athletic injuries. The aim of Yoga is to bring balance into the body physically, mentally and emotionally. The mind-body connection in yoga is essential to helping athletes develop mental acuity and concentration. In addition, yoga helps to relax not just tight muscles, but also anxious and overstressed minds. Various health benefits associated with Yoga and Physiotherapy are improved flexibility, strength endurance, neuromuscular coordination, enhanced control over body movements and hence prevent injuries by conditioning of the athlete. The integration of physiotherapy with yoga offers an evidence based approach not only to enhance the fitness and performance of the sports men but also prevent injuries on field as well as off field.

Biography

Sheetal Kalra born and brought up in Gurgaon, Haryana, she did my graduation from DAV College of Physiotherapy and Rehabilitation Yamunanagar and post-graduation in Sports Rehabilitation from S.B.S.P.G.I Dehradun. She is also pursuing PhD in Physiotherapy from SGT University Gurugram. She have worked with reputed organizations like Indraprastha University, Manav Rachna International University and Guru Jhambeshwar University. Presently she is working as Professor and Associate Dean ,Faculty of Physiotherapy, SGT University, Gurugram.

sheetal.kalra@sgtuniversity.org

Notes: