

## THE EFFECTIVENESS OF THE REHABILITATION AND PREVENTION USED BY PHYSIOTHERAPY THE ATHLETES TO DECREASE THE RISK OF SPORTS INJURY

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### ABSTRACT

The sports industry has seen substantial growth, now valued at over \$600 billion and projected to reach \$1 trillion by 2025 (Deloitte, 2020). However, this growth has intensified competition and financial rewards for athletes, leading to increased physical and emotional demands. A study in the Journal of Sports Science and Medicine (2021) found a 22% rise in injury risk among professional athletes over the past decade. Pressured by both athletes and team management, injured players often rush back to competition, despite research in the International Journal of Sports Medicine (2022) showing that this leads to higher re-injury rates and longer recovery times. This study looked into the constructs of the effectiveness of the rehabilitation and prevention used by physiotherapy the athletes to decrease the risk of a sports injury. The study looked into the level of impact of the current sports injury prevention program as perceived by the physiotherapists when grouped according to the profile variables, protocol may be developed for physiotherapy intervention to decrease field athletes' risk of sports injury and the level of acceptability of the developed physiotherapy intervention among physiotherapists. Descriptive developmental designs were used, including cross-sectional, longitudinal, and sequential designs. The findings revealed that the findings revealed that a predominant representation of middle-aged individuals, with 88.88% of respondents falling within the age range of 36 to 49 years. Gender distribution indicates a slightly higher presence of females, constituting 51.85% of the sample, compared to 48.15% males. In terms of tenure, the majority of respondents (62.96%) had served for a duration of 10 to 20 years, The perceived level of impact of the current sports injury prevention program varies among physiotherapists: when grouped according to age, female physiotherapists rated the program's contribution to reducing the overall injury rate among athletes lower with a mean score of 2.36 compared to male physiotherapists who gave a mean score of 2.81, indicating a difference in perception between genders regarding the program's effectiveness in reducing injuries. Sex; female physiotherapists rated the program's contribution to reducing overall injury rates among athletes lower than male physiotherapists, indicating a difference in perception between genders regarding the program's effectiveness. in terms of the prevention program's contribution to reducing the overall injury rate among athletes, physiotherapists with less than 3 years of service gave a mean score of 2.00, those with 3-9 years did not report a score, and those with 10-20 years of service rated it at 2.47. The proposed injury prevention protocol is comprehensive, focusing on core stability, balance, pelvic and hamstring strengthening, and lower leg exercises. The level of acceptability of the developed physiotherapist intervention among physiotherapists was "very high" with an average weighted mean of 3.53.

**Keywords:** Physiotherapy, injury prevention protocol, Descriptive developmental designs