



The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Rehabilitation of Sports Injuries: Scientific Basis: Volume X

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Rehabilitation is, by definition, the restoration of optimal form and function for an athlete. In this edition in the **Encyclopedia** series, the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs, alongside therapeutic measures such as anti-inflammatories and other pain killing agents. This might also begin before, or immediately after, surgery.

The rehabilitative process is therefore managed by a multi-disciplinary team, including physicians, physiotherapists, psychologists, nutritionists, and athletic trainers, amongst others.

This book considers the three phases of rehabilitation: pain relief, protection of the affected area and limitation of tissue damage; limitation of impairment and recovery of flexibility, strength, endurance, balance and co-ordination; and finally the start of conditioning to return to training and competition.

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