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Thermal therapy's role in treating sports injuries

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Abstract

Sports- and exercise-related accidents can result in injury. They may be the result of recent trauma or excessive use of a specific body part. The dead and damaged cells that are released when soft tissue is traumatized cause an inflammatory reaction. Therefore, the initial step of healing is the inflammatory stage. However, early on, an excessive inflammatory response might make the healing process take longer and postpone the return to activities. Treatments for sports injuries are designed to reduce inflammation so that the entire healing process is sped up. Thermal modalities can be useful supplements to soft tissue manipulation when used properly. To properly use thermal modalities, a practitioner must have a basic understanding of physics and human physiology, including the nature of pain, heat transmission mechanisms, and physiological reactions to temperature changes. To improve circulation and the extensibility of soft tissues, increase or decrease the local tissue metabolic rate, and reduce inflammation, thermal agents like ice packs, hot packs, or ultrasound devices are utilized. Additionally, pain control is the main goal of adopting thermal modalities in the rehabilitation setting

Key Words: *Sports injury, thermal therapy.*

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