

Sports Therapy News

Edited by Crystal Guthrie

What Sports Therapists Do

A sports therapist's main purpose is to help athletes, whether it is physically or mentally. The goal is to prevent injury and help rehab those who are injured. If an athlete is going to be out for a period of time, it is the therapists job to come up with a plan to help the athlete regain their fitness and mobility.



Image source: [verywellhealth.com](https://www.verywellhealth.com)

Exercises and Equipment

During sports therapy, there are various exercises that can be done, as well as multiple different machines that can be used. Some exercises that can be done include: strength training, balance exercises, flexibility cardiorespiratory exercises and exercises to improve range of motion. Equipment that may be used includes: foam rollers, free weights, resistance bands, treadmills, bikes and therapy balls. Of course, the exercises done and equipment used depends on the patient and the injury they have.



Image source: [achieveptonline.com](https://www.achieveptonline.com)

Benefits of Sports Therapy

When seeing a sports therapist, you will be evaluated, receive treatment and learn ways to prevent future injuries. At the beginning of a session, an evaluation is done to help determine exactly what is wrong and what is required during treatment. Special treatment is given to help you recover quickly and properly.

Prevention is also focused on to keep you healthy and to maintain any gains made during treatment.

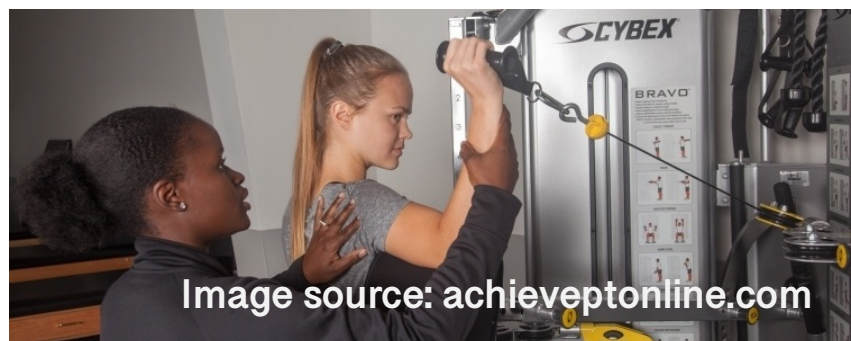


Image source: [achieveptonline.com](https://www.achieveptonline.com)



Image source: k2-healthcare.com

Education

Sports therapists require specific education and certifications. They require a minimum of a bachelor’s degree, but often go for further education, such as their masters. During their studies, they focus on foundation in injury prevention, health risk factors and preventive care. Before becoming a sports therapist, an internship is often required. This allows the therapist to become familiar with the job and learn further information about the job. There are special certifications and licenses also needed to

Necessary Skills

Like any job, sports therapists require certain skills. Therapists are trustworthy, honest, good communicators and are dependable. With a great love for their job, they are willing to do whatever it takes to help patients and will work as hard as possible to succeed.

Six Helpful Links About Sports Therapy

Web Site	Description	Link
All About Careers	Website used to give a full description of sports therapy. It includes what is required of them, necessary training, and what their schedule is like.	https://www.allaboutcareers.com/careers/job-profile/sports-therapist
Very Well Health	This website gives examples of possible exercises someone will see during therapy with a sports therapist. It also lists different machined and equipment that can be used.	https://www.verywellhealth.com/physical-therapy-exercises-4013311
Exercise Science Guide	A guide to educate you about the required schooling to become a sports therapist. It also includes required certifications and job requirements.	https://www.exercise-science-guide.com/careers/sports-physical-therapist/
Unique Benefits of Sports Physical Therapy	There are many benefits to sports physical therapy, but there are some that are greater than others. Here you can learn the importance of getting treatment.	https://www.achievetonline.com/blog/3-unique-benefits-of-sports-physical-therapy
Online Degree Help	A great way to learn specifications needed for sports therapy, necessary skills and levels of degrees needed for sports therapists.	https://www.onlinedegreehelp.org/sports-therapists/
Sports Rehabilitation	This website explains the benefits of sports therapy and an insight of patients opinion about therapy.	https://www.k2-healthcare.com/sports-rehabilitation