



Role of physio-yoga in sports: A review of literature

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Abstract

The aim of the study is to review for scientific studies about application and effectiveness of Physio-Yoga in prevention and rehabilitation of sports injuries in athletes participating in competitor sports.

The author directed a comprehensive search of open access articles of major scientific databases including Shodhganga Science Direct, EBSCO, PubMed, SCOPUS, Web of Science, etc.

No considerable scientific studies were found relating to the application of physio-yoga in rehabilitation and prevention of sport injury.

Four studies were selected based on inclusion criteria. One pilot study has included Physio Yoga as part of sport conditioning and has investigated use of physio-yoga for flexibility and incidence of non-contact injuries in baseball athletes.

The other studies include a clinical example that has used physio-yoga as part of the seven point program in injury treatment of elite football players, an intervention that has included physio-yoga in high-volume training program and a randomised control trial that has evaluated effect of physio-yoga in flexibility and balance among athletes.

Conclusions: Physio-Yoga high execution by keeping daily practicing in order to perform a sporting action efficiently and effectively.

Keywords: physio-yoga, sports, pain, injury, prevention, flexibility

Introduction

Physio-Yoga is combined form the holistic approach or intervention for preventive and therapeutic, as this approach offer both physical and mental benefits to the body and mind. It is a connection of body and mind which is distinctly different from other forms of exercise as it procreate momentum without causing strain and imbalances in the body.

Physio Yoga practicing is an ideal complement to other kind of exercise and extreme benefits to any sports. The alignment or posture of the body are the position that coordinate or equal breath with movement and seizing these positions to elongate the soft tissue structure and strengthen various parts of the body.

This holistic approach systematically function all the major group of muscles like neck, shoulder, abdominals, back, hip and gluteus and even wrist, hands, ankles and feet. It helps to check if any imbalance in muscular development and will potentially viable body function much efficiently. The supple skin and flexible joint of the body, it will be less prone to sports injuries kept lubricated joint. Simultaneously, the mind is still can control mental agitation by focusing on perfect concentration.

As per much literature stated that by holding static posture and concentrating on deep abdominal breathing that can increase body awareness, relive chronic stress patterns in the body and sharpen concentration. Generally, athletes focus on increasing strength with weight resistance that dramatically decreases flexibility of the body.

With Physio Yoga approach athletes will not only increase flexibility, also increase balancing poses, that ability makes athlete possibly injury free. As this approach also helpful in ways of strengthening of connective tissue, create mobility of the joints and an anti-aging posture.

Benefits of Physio-Yoga in Sports

1. **Improved Strength:** It helped to build strength and improve lean muscle mass. It enhanced care body stability.
2. **Balance:** By keep in practicing this approach coordination and balance have improved immensely.
3. **Flexibility:** It improves muscular and joint flexibility. It increased range of motion provides a greater ability to strength condition specific muscle group due to the amelioration in overall force that can be exerted with each moment.
4. **Reduce Stress:** Significant advantage of PhysioYoga practicing. It is used as a tool to enhance breath control and strengthen. Respiratory muscles, that helps improve focus and concentration and also allowing clarity of thought. A valuable tool in any sporting arena. It also very helpful to gain control of emotional states.

5. Meditation

- Reduce depression
- Reduce anxiety and stress
- Increase calming hormones
- Improve cognitive function
- Reduce heart rate
- Reduce blood pressure
- Increase immune function
- Combine effect good sleep and recovery.

6. Cardiovascular efficiency increases
7. Respiratory efficiency increases
8. Excretory function improve
9. Pain decreases
10. Gastrointestinal function normalizes
11. Improve circulation, and glands for optimum health
12. Dissolves pre-competition anxiety and stress

Materials and Methods

Study Design: Narrative Study/Literature Review

Source of Data: PubMed, Science Direct, EBSCO, SCOPUS, Web of Science, shodhganga, Google Scholar.

Results and Discussion

PhysioYoga is gives combined effects on the state of health and well-being. As per available literature including systematic review summarized that – it is an indicated a good outcomes of PhysioYoga in reducing anxiety and stress symptoms, cardiovascular and respiratory efficiency and also decrease in pain sensation.

Limited data was available about the PhysioYoga as a mixed form or approach with specific intervention for particular conditions in sports injuries or for specific sports.

Future Scope

There is scope for further studies to examine the effect of Physio-yoga as an adjunct intervention in rehabilitation of select sports injuries for athletes in competitive sports. There is potential to include sport-specific physio-yoga programs in athletic training for prevention of non-contact injuries.

Conclusion

PhysioYoga improved performance by keeping daily practicing in order to perform a sporting action efficiently and effectively. It plays a key role in cultivating mind control and concentration which helps sportsperson to perform at their peak leaves.

It provides extra agility which avoids damage provides more strength and improves ability to react.

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