

Sports Injury Management Training in Improving Injury Handling Services for Sports Coaches and Masseurs

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Abstract: The implementation of training programs that are carried out continuously and match events with a busy schedule have the potential for injury to athletes. The injuries experienced by athletes must be immediately known and understood by all supporting teams that support the training program, including by coaches and assistant masseurs in sports. Complaints of injured athletes are pain and decreased movement function. Signs and symptoms usually begin gradually, causing an athlete's performance to decrease or even disappear without return of sensory and motor function. Lack of socialization about the stages of handling if an injury has occurred in an athlete. The purpose of the training carried out for the team of trainers and masseurs accompanying sports is an understanding of the stages of handling and training in carrying out pain management for injured athletes. The method used is providing assistance to the trainer team and the masseur is then given a questionnaire regarding the results of the training carried out. Questionnaires were given to coaches for trainers and masseurs to respond to the training program, as well as given to athletes related to the services provided after the coaches and masseurs received training. For this reason, an educational program on understanding the treatment of injuries was formed for coaches depending on the type of sport as well as capacity building for masseur teams from each sport. The training program produces maximum understanding. The trainer's response to the training program is 80% very good, the masseur's response is 85% right on target for the masseur's team. For the athlete's response regarding the services provided, the skills of the masseurs increased in analyzing and handling and managing injuries experienced by athletes. The conclusion was that there was an increase in understanding and injury management skills for the coach and the masseur team.

Keywords: Sports Injury Management, service, coach and masseur

INTRODUCTION

Injury is a condition that becomes a problem and causes high levels of anxiety and stress for athletes, resulting in reduced sensory and motor skills and increased pain, technically and psychologically resulting in decreased quality of life for people who have suffered injuries (Kenhub, 2020). The stages of treatment that can be carried out depend on the analysis carried out, this is easier if in the process of running the training program the trainer team, the medical team work together like a team of doctors and masseurs who are in one team. Massage in various studies is

believed to increase blood flow, reduce muscle tension/nervous excitability and improve quality of life (Zainuddin et al., 2005). Manipulation of shoulder massage therapy is one of the manual therapy procedures to help with injury recovery provided the injury verification is clear. Treatments given to athletes with the aim of reducing pain and impaired function are referred to as procedures to relieve stiffness and poor range of motion(Latham & Nichols, 2008). This procedure may be recommended if other treatments do not help. Shoulder massage therapy manipulation aims to relieve muscle stiffness and reposition joints that affect normal daily activities as well as activities in competition or during a training program(Baird et al., 2012).

A masseur is not only required to reduce until free pain, but is also expected to be able to restore joint function which is sensory and motor limited. People who are injured can fall into a depressed state even though the pain has disappeared/pain free but the patient cannot move his limbs or with a limited ROM category (Yenes & Leowanda, 2019). At this time there are many techniques in pain management services. Pain management can be done manually therapy with massage therapy (Bisono & Nasution, 2019). Effective and efficient recovery is influenced by how a masseur analyzes when he sees and first aids in an injury. The accuracy in analyzing and verifying each masseur is different, so that the training that will be carried out in the community service program provides training by analyzing and acting on massage which aims to see the level of effectiveness of massage therapy in treating injuries for overcoming pain and impaired shoulder function in athletes who had a shoulder injury(Culver & Trudel, 2008).

The handling procedures that must be carried out by a masseur must be able to analyze the injuries suffered, the process of analyzing a masseur must be equipped with the ability of the anatomy of the human body from the composition of muscles, bones and ligaments and joints(Arovah, 2008). Another factor that must be considered is the level of pain experienced by athletes, if there is severe pain and cannot be moved there is a fear of fractures or bone fractures(Agustine, 2013). So a goniometer is needed to measure joint space so that it can be concluded that the injuries experienced only occur limited ROM but not fracture occurs. This service has an urgency, namely the Understanding of Coaches and Masseurs in Sports in Handling Sports Injuries

METHOD

The implementation of improving masseur skills is carried out by recording clubs that come to the MCO clinic and those who have their own masseurs at the club or staff who are involved in

the medical team already have a basic sport massage. From the data obtained, a schedule of activities was determined in an effort to increase the ability of the masseur team to be able to carry out the screening process and verify injuries.

The next action is to make a procedure that is simple and easy to understand in making a series of handling injuries, with standardized procedures it is hoped that masseurs will not make mistakes in analyzing injuries and there will be no mistakes in providing treatment to help recover injuries experienced by athletes. With reference to case reports and treatment in the form of massage therapy, this will create an SOP for an effective and efficient screening process.

The stages of implementation in increasing masseur's understanding and skills can be seen in the following stages:

- a. observation and analysis of cases in the field (Analysis) coordination with various trainers, masseurs and partners in carrying out the service
- b. Planning case reports from before and after being given treatment (Design) Location planning, committee team, licensing and proposal development
- c. innovation (Development)
- d. Systematic procedures or SOPs carried out in the field Implementation (Implementation) Implementation of training in increasing the understanding of coaches and masseurs in dealing with sports injuries

RESULTS

Socialization and workshop on masseur understanding and skills in handling injuries as many as 25 people. The agenda for this workshop is in the form of presentations on how to properly treat injuries caused by sports activities. Evaluation of masseur's understanding and skills improvement activities includes evaluation of the material presented and practice. To find out the level of success of the activities carried out, prior to implementation, a pre-test was given first by interviewing and giving several questions to participants using a question sheet. Furthermore, the presenters and the team provided material on the first handling technique for upper extremity injuries, namely neck injuries, shoulder injuries, wrists, elbows. Followed by lower extremity injuries, namely the back, hip, knee and ankle. As well as knowledge of bruises and sprains or suspected fractures. After the activity was completed, a post test was given using the same question sheet as the pre-test. Based on the results of the pretest, it was found that around 68% (17 people) of participants understood body massage, and 32% (8 people) had sufficient basic management of

injury management. After carrying out activities in the form of material presented in workshops and mentoring, the value of the observations increased, namely the masseurs became more aware of the management of sports injuries on the basis of upper and lower extremity anatomy with an average score of 98.2%. Apart from the pretest and posttest, the presenters also held question and answer and discussion, which received good responses from the participants. This proves that outreach and workshops can increase the knowledge of village sports assistant masseurs regarding the proper handling of sports injuries.

DISCUSSION

At this stage the socialization participants did practice and discussed with the team of presenters about the problems that are often experienced by the masseur team in the field during training, match and post-match assistance. Masseurs often find athletes who often experience cramps and injuries at the training center. The most common injuries are ankle injuries. Training to Improve Understanding and Skills in Handling Sports Injuries In masseurs in sports management in Central Java, lack of understanding and skills in handling can have an impact on inappropriate handling so that it can worsen the condition of the injury and disrupt the healing process.

CONCLUSION

The socialization and workshops that were carried out were successful based on the results of the pre-test and post-test evaluations, besides that it was also seen from the enthusiasm during observation and question and answer. From the question it was concluded that the masseur team from the sports branch felt that they were getting attention by increasing understanding and skills in accompanying athletes so that there was new information in dealing with injured athletes to help the recovery process from injuries, one of which was with massage treatment. The output of this activity is the ability to increase understanding and skills in handling sports injuries so that when an injured athlete can be dealt with quickly and precisely.

Conflict of Interest

socialization and workshops in improving the skills of masseur accompanying athletes there is no conflict of interest with related parties

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