

SUMMARY:

Rehabilitation is a specialized branch of medicine that helps to improve the condition of an injured or disabled person. Rehabilitation is also the combined and coordinated use of medical, social, educational and vocational measures for retaining the individual to the highest possible level of functional ability. Rehabilitation provides the injured or the disabled people with the tools that they need to attain maximum level of independence and self determination.

In more specific terms or speaking in terms of sports rehabilitation aims to restore original function to the affected part, when the injury has healed.

Rehabilitation is not just sports specific but is relevant to all spheres of life ranging right from Occupational rehabilitation to Physical/medical rehabilitation, Aquatic rehabilitation, Cognitive Rehabilitation and social rehabilitation. The rehabilitation program are specific and are recommended and even tailor made depending on the basic need/s of the injured or disabled.