
Sport Medicine

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SPORT in Bahrain has come a long way due to the enthusiasm of the youngster and the great financial support of the Government of Bahrain. Sport creates stronger and fitter individuals in today's society, but it places those who participate at the risk of injury.

Injury, which is sometimes fatal or incapacitating and sometimes avoidable and most of the time treatable.

These days the efforts are mounting through the B.S.I. and Sport Medicine Association hopefully to prevent injuries by formulation, propagation and implementation of principles based on sound scientific methodology.

Research is needed in this field in the areas of pre-participation and participation, as well it is needed to study the cause and the effect of injury, the causes of injury are multiple and varied, there is no scope to mention all of them, it is only fair to stress that ignorance of the sport leads to injury, therefore proper instruction in various sports activity should be stressed in order to avoid the injury and its effects. The injury could be a minor, though its effect could be major and decisive in the life of the participant especially if the injury has been neglected, again proper coaching and instruction could avoid these tragedies.

There are areas which have been researched by other nations, which in some aspects are applicable to ours and in some are not. Without research in our area we will not be able to promote and modify our approach to sport and in turn give a better service to the athletes of this nation.

Since sport has become a widespread activity with inherent risk, let us try to make it safe. □□