



REHABILITATION THROUGH WATER EXERCISES FOR SPORTSMEN'S INJURIES

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As soon as the injury has been caused, it must be treated carefully. The athlete is taken over by the members of the multidisciplinary team which take into consideration the interrelationships between the psychological and physiological factors (M. Cordun, 2006). Through this work team tries the quickest rehabilitation of the athlete (without great damage at the level of performance capacity) and also the return of him to his activity at the level he was before the injury was caused.

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