

The role of sports medicine for athletes -protection of the athletes' lifetime healthcare-

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Abstrak

ABSTRACT

Sports medicine has played a role in athlete safety, strengthening physical ability, improving sports performance, and players' life extension. Recently, sports medicine is adding some roles to provide lifetime healthcare for athletes including children in the development stage, active players and retired players. Concussion in sport, the effects of exercising in childhood on bone and joint health, and female athlete triad are described in this review paper. Some proposals for protection of the athletes' lifetime healthcare are also discussed.