



PÉCSI TUDOMÁNYEGYETEM

ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Importance of sports therapy and sports physiotherapy in Paraspport

Kollárné dr. Kiss Gabriella

Physiotherapist, assistant professor

PTE ÁOK Sportmedicine Center

10/02/2026



Sports therapy

- The application of **elements of sports** in rehabilitation and postrehabilitation.
- Complex activity including **general and special conditioning**, learning and training of the elements of day-to-day general activities, clinical sports.



History of sports therapy

- early 20th century - Parasport, sport of disabled people
- 1929 - the first sport club was developed for disabled athletes
- 1944 - sports of people with spinal cord injuries
- Paralympics
- 1970 - Halassi Olivér Sport Club, „Akarat” Sport Club
- 1973 - Vasakarat (Ironsides) Sport Club
- 1977 - National Society of a Disabled People, Sportsociety of the Hungarian Paraathletes



Basic definitions of sports therapy

- To ensure the maximal physical performance using machine-assisted therapeutic methods, and **sports-specific functional trainings**
- Activities maintaining and developing the paraathletes' physical abilities



The effects of sports therapy

- **Physical effect:** power, development of motor coordination
- **Mental effect:** self-respect, courage, will-power, endurance, pain tolerance
- **Personality shaping effect:** tolerance, helpfulness, self-discipline, adaptation, dealing with success and failure, motivation

The results of sports therapy

- Realizing the development of maximum capacity of physical performance
- Usefulness of the efforts made
- Simplifying everyday life



The components of sports therapy

- Gym, Sport, Physiotherapy, exercise material for physiotherapy
- Sportpedagogy conductiv pedagogy
- Sport psychology



Aim of sport therapy

- To help the physical regeneration of disabled athletes/people
- To build Self-assessment skills, to enhance self - confident
- To process the enhanced/changed physical or mental status
- Development of the new self image
- Development of the physical abilities, developing the culture of movement
- To help to do work
- Socialization
- Recreation
- Return to competitive sports



Sports therapeutic Team

- Patient
- Physical education teacher/trainer/personal trainer
- Physiotherapist
- Special education teacher
- Physician



Indications

- Locomotor diseases
- Medical diseases
- Neurological diseases
- Psychiatrical diseases
- Pediatrical diseases
- Special education problems
- People with mental or physical disabilities



Contra-indications

- The contra-indications of the illness
- Lack of motivation
- Lack of cooperation



Clinical sport

- Is the basic element of the sports therapy
- Use movement material from different sports as a tool
- The rules of the sports are applied by the therapist and can be changed to suit the patient's condition (in parasport, patient adapts or would adapt to the rules)



The aim of Clinical sport

- Development of the physical abilities used in the patient everyday life
- To orient the patient about success, results
- To create a new self-image (rules, adaptation, success, failures)
- The efficiency of motorskills learning
- Integration into the human society/social life
- To accept of disabilities (wheelchair, lock of extremities)
- To enhance the quality of life



Importance of Physiotherapist

Combined - functional classification:

Isomeric test (0-5)

Range of motion test per joint

Movement coordination test - specific movement sequences

Other tests:

Limb length measurement

Seated balance test: normal, weak, weak, none

Tipping out of balance position

Active trunk bending forward, lifting

Active trunk bending backwards, straightening

Trunk bending to the side

Trunk rotation



Which Sports can be applied to sports therapy

- Characteristic of the disease (ind., contraind.)
- The physical abilities of a patient
- Magnitude, extent and nature of the conditioning stimulus
- The psychological status of the patient
- Patient's aim, hobbies

Classification criteria:

- Sport-injury specific
- Paralympics: takes into account functional abilities per sport in addition to injury



Clinical sports- applied sports



For people with reduced mobility, functional testing is used to determine the competitive classes of athletes.

The classification of athletes by sport and the rules of competition in the different sports are laid down in precise specifications. (www.paralympic.org)



Hungarian Paralympic Sports

Hungarian Paralympic Committee (MPSZ)

Athletics, table tennis, boccia, dodgeball, darts, powerlifting, roller skating, karate, cycling, handball, basketball, football, horse riding, volleyball, skiing, orienteering, tennis, badminton, swimming

Hungarian Sports Association for People with Disabilities (MLMS)

Athletics, table tennis, boccia, powerlifting, shooting, sitting volleyball, swimming, bowling, fencing



What's a reality regarding Hungarian Paraspport

- Not enough paraathletes
- Usually physiotherapists do not work with sports teams (financial reasons, lack of human resources)





Thank you for your attention!

