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**HEALTH PROTECTION OF ATHLETES AND ROLE OF DOCTORS
IN SPORT-MEDICAL TEAM****Summary**

Only a healthy athlete can be an active participant of training and competition process. Every sports practicing includes possible sports injuries and diseases which may prevent athletes from accomplishing good results, permanently disable them to practice sport, or even cause death. Thus, health protection of athletes is a legitimate request which could be presented to health service. The solution to that problem could be found only by professional medical team lead by a doctor of athlete's club. Therefore, the role of such doctor is truly complex and demands responsibility for his club.

Key words: *athlete, healthy, injuries, health service, doctor of athlete's club, professional medical team*

1. INTRODUCTION

Health protection of athletes is polyvalent, team-based and very complex. Problems the health service is dealing with can be very complicated, depending on disease or injury. This request could be met only by well organized professional medical team. Leader of the team is a doctor who cooperates with trainer - representative of a club, whether it is an individual or collective sport. Therefore the role of a doctor is very complex and demands responsibility for a trainer, club and the public. Thus doctor of an athlete must have general medical knowledge, induce trust and be the link between a club and an athlete. He also needs ensure that success and a failure are accepted rationally. Doctor is a specialist of sports medicine who cooperates with traumatologists, specialists of physical medicine, physical therapists, nutritionists, cardiologists and others.

2. THEME ANALYSIS**2.1. WHAT MAKES QUALITY HEALTH PROTECTION OF ATHLETE**

Health protection of athletes is polyvalent, team-based and very complex. Doctor carries the biggest responsibility. Health protection of athletes is a legitimate request which could be presented to the health service.

This request could be met only by well organized professional medical team lead by a doctor of a club. Doctor must have complete insight into physical and mental conditions of an athlete, having done functional diagnostics and necessary lab tests. He should also directly cooperate with physical therapist, specialist of physical medicine and rehabilitation, traumatologist, nutritionist, physiologist, cardiologist, etc. Despite of all precaution measures accidents may happen, sometimes with lethal consequences what then becomes a case exploited by media.

2.2. SPORTS INJURIES AND THEIR TREATMENT

Every sports practicing includes possible sports injuries which are part of both training and competition process. Every sport has specific features so as the specific injuries, and they may be of a different types and levels. All these facts determine the course of treatment, rehabilitation and consent of a doctor so he could be included in training and competition process. Furthermore, the whole process requires certain time period which must be respected.

Athletes are especially at risk when preparing for big competitions such as National, European, World and Olympics. In that situation the huge motivation to participate becomes the most important thing so the athletes often hide health issues and injuries thus running a risk. According to some information, many athletes at all competition levels, dropped their professional sport careers, while some achieved poor results due to their injuries. This may also apply to both individual and collective sports, but in individual sports poor results are more visible. Here, the role of a doctor is very important. In order to protect athletes from injuries and minimize their number to a minimum, it is necessary for athletes to undergo physical and mental preparation so as the training process in the most professional way. This should be taken into consideration by all relevant factors: athletes, coaches, club administrations and associations.

Unique health strategy in sport would also bring much better medical protection so as better results of competitors. Athletes estimate their injuries in a specific way because they see them as something what will prevent them from practicing sports, so they have a lot to lose. This is why the relations between a coach, an injured athlete, a club and a doctor are more complex than in some other areas of medical protection. Most athletes hide their injuries and present them as less serious than they really are. By doing this, they want to keep their positions in a team or competition. All this is supported by parents, coach, club administration, even fan groups. It creates special relationship between a doctor and an athlete including special kinds of treatments. Sometimes athletes ask for help from amateurs, bioenergists, kyro-practitioners, etc. if they think the healing process is not satisfying and they lose trust in their doctor.

Many athletes use painkillers to ease the pain which may confuse doctors. In that case, doctor must be determined, clear, concise, using non-medical terminology. If there is some misunderstanding, the best way is to have it all in writing and save it in the medical documentation archive. In order to follow the entire situation, doctor must be familiar with a level of injury or disease, has to choose the best treatment, determine how long the treatment will last, and also find out about athlete's opinion about the problem.

3. DISCUSSION

It is clear that an athlete, coach, club administration must accept professional medical opinion entirely, because every treatment has its biological process with its healing period, injury treatment or recovery from disease. No treatment process can accelerate that. If anyone recommends shortening the procedure, that will not bring satisfactory results but will prolong recovery and may cause complications. All this requires careful creation of relations between athlete, doctor, club, parents and surroundings. This is why the established communication must be at the highest level, with trust and mutual consideration.

4. CONCLUSION

Only a healthy athlete is a successful athlete. From the moment he starts practicing sport, every individual must undergo medical tests and evaluation of his physical and mental condition. After that, the training program which contains program of physical load based on previously tested results will be made. Every performance has a risk of eventual injury. Thus, health protection which deals with these problems should show readiness to entirely diagnose and treat injuries or disease. Relationships between doctor and injured or sick athlete, club and a coach is complex, therefore requests with regards to medical protection are more specific as well. Doctor should have clear position meaning he chose the best possible treatment. In that case, the athlete will be familiar with a level of injury or disease, therefore we will have an athlete's opinion about the problem.

5. LITERATURE

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