

Editorial on Sports and Exercise Medicine

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Editorial

SEM exists as an area with a breadth of knowledge and skills that are not specific to the field because it is not limited to a body system or organ. The major specialisations in musculoskeletal medicine (e.g., orthopaedic surgery, rheumatology, rehabilitation medicine, emergency medicine, occupational medicine), primary care, public health medicine, and a variety of specialised specialties interested in specific problems are all overlapping disciplines (e.g., cardiology and neurology).

Consultants in Sport and Exercise Medicine (SEM) are experts in musculoskeletal and physical activity medicine, as well as team care. Through exercise counselling and prescription, the speciality has a large-scale application in controlling and improving the health of the general public. In some cases, cognate disciplines such as rheumatology and rehabilitation recognise that their practitioners need skills and training in both musculoskeletal and sports medicine; however, existing specialists have largely ignored the opportunity to develop this area, and few have established SEM subspecialty practises.

Although SEM is a distinct field of medicine, there is the potential for mutually beneficial collaborations to form, with the prospect of shared training and education opportunities, because there is so much overlap and a common clinical focus among a number of disciplines. SEM has a lot to teach existing specialties, and vice versa.

A sports medicine consultant has good clinical history-taking and examination abilities, allowing for accurate diagnosis. They take a comprehensive approach to patient care and are well-versed in the physical characteristics needed to engage in a range of sports.

Working in multidisciplinary teams with other disciplines, SEM doctors can help reduce physical inactivity and provide care, adding value and saving money.

Sport and Exercise Medicine (SEM) is made up of three components: work out as a way to move forward wellbeing, work out as treatment for ailment and the treatment of wounds from sport. The forte encompasses a large-scale application in improving the wellbeing of the common public. This may be a health-promoting strength, getting individuals dynamic, keeping them dynamic, and giving master musculoskeletal evaluation. There's too the opportunity for inclusion in first class don (I worked at the Olympics for illustration).

SEM specialists require the capacity to work inside, and be pioneers of, MDTs and frameworks including other healthcare experts, counting physiotherapists, work out advisors, physiologists, clinicians, recovery professionals and podiatrists, to viably give ideal persistent care. This group of patient incorporate, but are not restricted to, individuals with incapacity, veterans, military staff, competitors and children. It is anticipated that SEM specialists will be able to supply care in military setting, which is where a relative of existing SEM specialists are working currently. Entry into Sport and Work out Medication preparing is conceivable taking after fruitful completion of both an establishment program and a center preparing program.

In advance, physicians who have been skilled professionally and deployed in the sports groups to deal with accidents precipitated for the duration of a game. Within the past due twentieth-century sports activities medicine emerged as a wonderful subject and sizable efforts were made within the public fitness community to inspire people to become more bodily active.

SEM professionals are pioneers in diagnosing and treating any circumstance encountered at some stage in normal physical games or sports activities hobby. Such physicians treat musculoskeletal injuries other than the opposite situations including exercise-brought on bronchial asthma, diabetes in sports, female athlete triad, screening cardiac abnormalities, unexplained underperformance syndrome, and so on.

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