Research on pain in humans has been an important clinical topic for many years. It should be useful not only to researchers in these fields but also to physiotherapists, other healthcare professionals, healthcare educators and administrators. Physical therapists are an integral part of inpatient and outpatient treatment of sports and musculoskeletal injuries and disabilities. It is a belief that successful management of pain in players will prevent physiological and functional decline. It is expected that timely and adequate management of pain will improve not only functional abilities but also psychosocial functioning and enhance quality of sports performance.

Numerous guidelines recommend physical therapy for the management of sports and musculoskeletal conditions. However, specific recommendations are lacking concerning which exercises and adjunct modalities to use. Physical therapists use various techniques to reduce pain and improve mobility and flexibility. For most modalities, evidence of effectiveness is variable and controlled trials are lacking. More evidence is needed on the long-term benefits, ideal parameters, and overall effectiveness of pain management methods.

The American Physical Therapy Association states: "Without documentation which justifies the necessity of the exclusive use of physical agents/modalities, the use of physical agents/modalities in the absence of other skilled therapeutic or educational interventions should not be considered physical therapy." So this study was done to identify effective protocol for pain management in sportsmen.