**LIST OF TABLES**

<table>
<thead>
<tr>
<th>Table</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Responses of the Players regarding, Since how long you have been playing soccer.</td>
<td>49</td>
</tr>
<tr>
<td>2. Responses of the Players regarding, Did you ever get an injury in your sports career.</td>
<td>51</td>
</tr>
<tr>
<td>3. Responses of the Players regarding, If &quot;yes&quot;, which body part.</td>
<td>53</td>
</tr>
<tr>
<td>4. Responses of the Players regarding, Specify the site where injuries occur the most.</td>
<td>55</td>
</tr>
<tr>
<td>5. Responses of the Players regarding, What is the nature and type of injury.</td>
<td>57</td>
</tr>
<tr>
<td>6. Responses of the Players regarding, How did you get injured.</td>
<td>59</td>
</tr>
<tr>
<td>7. Responses of the Players regarding, When do you get injured more often.</td>
<td>61</td>
</tr>
<tr>
<td>8. Responses of the Players regarding, According to you what immediate plan of your coach/physiotherapist use for treating an injury.</td>
<td>63</td>
</tr>
<tr>
<td>9. Responses of the Players regarding, In your opinion, after an injury who should be consulted for proper treatment.</td>
<td>65</td>
</tr>
<tr>
<td>10. Responses of the Players regarding, What therapeutic modalities are mostly used by the consulting doctor for treatment of your injury.</td>
<td>67</td>
</tr>
</tbody>
</table>
11. Responses of the Players regarding, Do you take regular treatment after injury. 69
12. Responses of the Players regarding, Do you get injury again and again. 71
13. Responses of the Players regarding, In your opinion what is the main cause of injuries more often. 74
14. Responses of the Players regarding, Does your Coach give preventive conditioning exercise. 76
15. Responses of the Players regarding, Do you go for any specific over development programme for the part (muscle) in which injury is recovering. 78
16. Responses of the Players regarding, Does your training contain strength training with external resistance. 80
17. Responses of the Players regarding, Does your training contain flexibility exercise. 82
18. Responses of the Players regarding, Are you satisfied with the diagnosis and treatment of doctor. 84
19. Responses of the Players regarding, When do you again sports after injury. 86
20. Responses of the Players regarding, Do you think adequate diet has play some role in fitness, prevention and treatment of injuries. 88
21. Responses of the Players regarding, Do you get proper and adequate diet with full of nutrients. 90

22. Responses of the Players regarding, If no, reason for not getting proper diet. 92

23. Responses of the Players regarding, In your opinion what problem is often face in getting proper treatment for injuries in our country. 94

24. Responses of the Coaches, Which injuries are commonly seen among your players. 97

25. Responses of the Coaches, Which part of body is frequently injured among your players. 99

26. Responses of the Coaches, Specify the site where maximum injuries occur. 101

27. Responses of the Coaches, When do your player get injured more often. 103

28. Responses of the Coaches, Do you proper to give first-aid after an injury or consult doctor/physiotherapist. 105

29. Responses of the Coaches, In your opinion, what is your immediate treatment plan for treating an injury. 107

30. Responses of the Coaches, What type of specialist do you prefer for consultation. 109
LIST OF TABLES (Contd.)

31. Responses of the Coaches, In your opinion what should be the duration of your warm-up exercise. 111

32. Responses of the Coaches, In your opinion what should be the duration of your limbering down exercise. 114

33. Responses of the Coaches, What preventive steps do you take to avoid injuries among your players. 116

34. Responses of the Coaches, Do you prefer your player to continue to play or stop the activity after an injury. 118

35. Responses of the Coaches, After injury, are you permit the player for sports participation. 120

36. Responses of the Coaches, At the time of rehabilitation phase which exercise do you prefer for player. 122

37. Responses of the Coaches, During rehabilitation of injured body parts, which type of training are you give to players. 124

38. Are you satisfied with the facilities available in the country for the treatment of injuries. 126

39. Responses of the Coaches, What problem do you think in treating the injured players. 128

xvii
LIST OF TABLES (Contd.)

40. Responses of the Physiotherapists, Where are you working. 131
41. Responses of the Physiotherapists, Do you ever come across injured footballer. 133
42. Responses of the Physiotherapists, In your exercise, which injury most commonly occur. 135
43. Responses of the Physiotherapists, What type of injury do you see the most. 137
44. Responses of the Physiotherapists, Specify the site where injuries occur the most. 139
45. Responses of the Physiotherapists, According to your experience when a footballer injured more oftenly. 141
46. Responses of the Physiotherapists, How long after sustaining an injuries player are brought to you. 143
47. Responses of the Physiotherapists, What is your immediate treatment plan on field for treating an injury. 145
48. Responses of the Physiotherapists, How soon do you begin with therapeutic exercise after an sports injury. 147
49. Responses of the Physiotherapists, During rehabilitation programme which type of exercise you start first. 149
LIST OF TABLES (Contd.)

50. Responses of the Physiotherapists, During treatment which electro therapeutic modalities do you often use. 152

51. Responses of the Physiotherapists, In your opinion, do you think injured players regularly consult you for exercise and rehabilitation. 154

52. Responses of the Physiotherapists, How long do you think most of sports injuries take for complete rehabilitation. 156

53. Responses of the Physiotherapists, During the rehabilitation phase, do you advise the player for, participation in sports. 158

54. Responses of the Physiotherapists, What exercise do you often recommendation during rehabilitation. 160

55. Responses of the Physiotherapists, What preventive measure do you advise for players to prevent injuries. 162

56. Responses of the Physiotherapists, What problem do you face in treating the injured players. 164