

Existence Center For Sports Performance (SPPOI) In Treatment Sports Injuries

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Abstract

Purpose: To find out a) the existence of SPPOI Jakarta as a sports medicine center. Challenges the role of SPPOI in handling national athlete injuries. The role of SPPOI in supporting national sports achievements.

Methodology: Research is a qualitative descriptive study with. The subject of this research is the existence of SPPOI Jakarta as a center for sports medicine in its role in supporting national sports achievements. Data collection techniques such as observation, in-depth interviews and recording documentation.

Results: The existence of the Jakarta SPPOI as a health center in carrying out the role of education, spreading or instilling or sharing the important principle of paying attention to aspects of injury prevention. SPPOI is a sports clinical clinic with a private status in collaboration with the Ministry of Youth and Sports, The clinic is under the auspices of the Ministry of Youth and Sports which also manages the Indonesian Basketball Academy. With CEO Dr. Andi Kurniawan, SP.KO, Operations Manager Diding Winardi, S.Pd and medical manager Dr. Angelica Anggunadi, Sp.KO. The function of SPPOI is as a health service provider especially in sports medicine. The reality of handling sports injuries at SPPOI and national athletes who have been handled by SPPOI include Anthony SiniSuka Ginting. While Anthony SiniSuka Ginting suffered a knee injury. As a form of SPPOI's role in supporting national sports achievements SPPOI carries out the role of handling the Asian Games Team as a sports medicine center to handle athlete injuries.

Applications/Originality/Value: SPPOI performs its role in supporting the achievements of national athletes in taking preventive, curative, and rehabilitative measures that athletes if in an injury condition the athlete will not be able to compete or can get a high performance program. as a basis for making training programs like athletes do in general.

PRELIMINARY

In the current era of globalization, sport is very important for humans, the world of sports began to grow into industry and lifestyle. Sport has an important meaning in efforts to improve the quality of human resources and cannot be separated from human life. In humans there are two aspects, namely physical and spiritual aspects. If these aspects grow and develop in harmony and balance, a harmonious life will arise between the two. There is a close relationship between physical activity and physical activity. Health is very important for the health and quality of human life. Physical activity and exercise have a positive influence on the muscles, bones, heart, respiration, hormone-immunology, hematology, neuro-sensory and gastrointestinal systems. The level of physical activity declined in most developed countries and all age categories. Accustomed to physical activities and sports, especially during childhood and adolescence, encourage maximum growth and development, maintain and fight negative risk factors such as obesity, type 2 diabetes, osteoporosis, hypertension, coronary heart disease and other diseases. The risk factor profile for many diseases decreases the quality of life, which is beneficially influenced by physical activity and sports. The Center for Sports Performance Improvement Indonesia (SPPOI) sports medicine specialists and other parties involved in this work may have a large impact on all of these conditions, including reducing health care costs. Sports medicine is specialized clinical and multidisciplinary academics,

medicine related to and diagnosis, treatment, prevention and rehabilitation after sports injuries or illnesses from physical activity, training and sports at all levels. (multidisciplinary committee of sports medicine 2002).

Without science, sports will not be like today. Injury is irreversible, and prevention is the key. Scientists are currently redefining sports equipment and developing new equipment to assist in the prevention of sports and related injuries. according to Jenifer L. Miningh (2007).

The history of sports medicine develops apart from the European countries but also from the United States, according to General L. Minigh (2007). The emergence of sports medicine in the United States with the development of special physicians and clinics, such as Drs. Augustus Thorndike of Harvard and Edward Hitchcock of Amherst College, Edward Hitchcock, MD, was appointed as the first physical education and health instructor at Amherst College in 1954

The purpose of FIMS is to assist athletes in achieving optimal performance by maximizing the potential for high-quality genetic, health, nutrition, and medical care and training. An international sports federation was also established at the same time as the Olympics were held again. Existing sports professionals at that time were influenced by sports organizations and realized the importance of promoting ideas from sports medicine, and at the winter olympics held in St. Moritz, Switzerland in the month of 1928. The medico-sportive international association (AIMS) was established. The main objective of the association is to work with international sports federations and international Olympic committees to provide the best medical care for athletes competing in the Summer Olympics and Winter Olympics.

The first AIMS Congress was held during the 9th Summer Olympics held in Amsterdam, the Netherlands, in August 1928. At least 280 sports doctors from 20 countries attended the meeting, and they had the opportunity to learn a lot from athletes who participated in the Olympics by gathering anthropometric data , cardiovascular, physiological and metabolic data. In 1934 the AIMS changed its name to the International Federation of Medicine de Sportive and since 1998: the International Federation of Medicine de Sport (FIMS). FIMS was born under the Olympic umbrella, this association is very closely related to the international Olympic committee (IOC) reflected in the 5 Olympic rings in the FIMS flag and logo. FIMS continues to grow as an international community of sports medicine specialists, researching and practicing the latest techniques in medicine for athletes and ordinary people who lead active lives.

While the development of medicine in Indonesia until now there has not been an organization that overshadows professionals from the field of sports medicine in Indonesia as a specialty by doctors and has formed a sports physiology specialist (PDSKO) sports physiotherapy in the name of the Indonesian Sports Physiotherapy Association (PFOI). in addition to these two fields, physical trainers can also take part in the field of sports medicine. A physical trainer has a role to restore the athlete's performance after suffering a sports injury or run a sports injury management program by doing strengthening training exercises, from here the author wants to know in full the handling and preventive measures sports injuries in SPPOI, because SPPOI is one of the references for Treatment and preventing sports injuries.

In Indonesian itself has sprung up sports injury clinics and even Indonesian already has a specialized sports injury hospital chosen by the ministry of youth and sports (KEMENPORA) in Jakarta, Indonesian. The center for improving sports performance Indonesia (SPPOI) is a sports injury clinic established and managed by the private sector and a clinic to handle wrong one professional basketball club in Jakarta besides this clinic has handled several national athletes. SPPOI is a newly developed science in Indonesia, this field has an important role to protect and handle

an athlete from a sports injury to restore the athlete's performance to be ready to compete again, besides the athlete's achievement is not only determined by how the athlete trains but is determined by how the athlete dimaintance and monitored by his medical team. From the explanation above, the writer tries to examine the existence of Indonesian SPPOI on handling sports injuries in the role of national sports. For this reason, the writer is interested in doing research with the title Indonesia Indonesia Center for Increasing Sports Performance

METHOD

The form of approach used is qualitative research and is descriptive in nature. Which is presented descriptively, is not a statement of the amount and is not in the form of numbers. Which aims to determine the handling of sports injuries in sports injury handling clinics *Indonesian Sports Performance Improvement Centers (SPPOI)* . This is in accordance with the opinion (W. Lawrence Neuman 2011) descriptive research research whose main purpose is to provide an overview using words and numbers and to present a profile, clarification of the nature of the stages in order to answer questions such as who, where where, and How.

What is meant by data sources is the subject from which data can be obtained (Suharsimi Arikunto 2006). Where in this study the data source is the Center for Improvement of Indonesian Sports Performance. The informants to be selected in this study are the SPPOI Chief Executive Officer (CEO), Sports injury specialist, SPPOI Manager, and parties who can provide information to researchers.

In order to support the success of this research, the technique used is snowball slamping or respondent-driven sampling, which is a case sampling technique in a network. This method uses the analogy of a snowball, which initially is small but becomes larger as we roll it (W. Lawrence Neuman 2011). Snowball sampling is a multi-stage technique.

Data collected by non-test (survey) technique. This technique is used to reveal data on methods of handling sports injuries and methods of preventing sports injuries, with this the researcher goes straight to the field to observe and interview people who are interested. The data collection techniques used are: interviews, observation and reviewing archival documents.

The interview is undoubtedly used as a source of data collection methods in qualitative research. The person-to-person format is a very commonly used format, the questions of which are determined before conducting interviews with the open-ended format , and the conversation format. In qualitative research a structured format for gathering primary sources (Thomas and Nelson 2001). In addition to using field notes to support the interview results of researchers using a recording device or sound recording, it also facilitates the analysis of interview results, in this case researchers can play back the results of interviews that have been carried out.

Observation technique is used to explore data from data sources in the form of events, activities, behaviors, places or locations and objects as well as recording images, using videotaping has become the preferred method, videotape can record all people's behavior and can be analyzed later (Thomas and Nelson 2001). With the observation method the researcher can dig up information about how to handle sports injuries.

Written documents and archives are data that often have important positions in qualitative research. Especially if the target of the study leads to the background or various events that occurred in the past that are very related to the conditions or current events that are being studied (HB . Sutopo 2006).

RESULTS AND DISCUSSION

Descriptive analysis of the results of the study is an analysis of the data obtained from interviews with informants. Based on the results of interviews with informants How the existence of SPPOI eminence as a sports health center, How the SPPOI eminence institutional forms, How the function and mechanism of SPPOI eminence institutional work, How is the reality of the role of SPPOI eminence in handling national athlete injuries, How is the role of SPPOI eminence in supporting national sports achievements. All this will be explained as follows:

The existence of SPPOI eminence as a sports health center. From interviews and observations by researchers that have been conducted with Dr. Andi Kurniawan, Sp.KO as CEO and founder of SPPOI eminence by researchers can be described as follows:

First, the existence of SPPOI eminence as a sports medicine center in playing a role in the aspects of injury prevention, injury management as a sports injury rehabilitation center and to educate, spread or implant or share the importance of paying attention to injury prevention, injury management and injury rehabilitation to restore athletes who experience his best performance injury. Second, SPPOI eminence is a sports medicine clinic with a private status under the auspices of the Ministry of Energy and Mineral Resources. Third, the facilities owned by SPPOI eminence are: sprint track, SPPOI eminence check room, therapy room, modality tools, women's room, fitness center, massage room, sports massage.

The function and mechanism of SPPOI eminence institutional work. From our interviews, he explained as follows: The function of SPPOI eminence is as a health service provider, especially in the field of sports medicine providing medical services as follows sports injury management, medical fitness programs, corporate wellness programs, supplementary examination and treatment (platelet rich plasma, Vo2max examination, diene myoline, 4D optical 4D spine and postural formatic diers, therapeutic ultrasound).

Secondly for injury prevention procedures, injury handling procedures, injury rehabilitation procedures carried out by SPPOI Eminence is for real sports injuries which go more to preventive and rehabilitative, curative and rehabilitative into one part. For prevention procedures that can be done SPPOI Eminence is divided into 2 parts in general, there are individual clients or individuals, and groups or clubs. In addition to individual and group sports preventive measures for sporting events, namely conducting trainings on the risk of sports injuries, education through hands-on workshops or through books. Rehabilitation procedures are individuals who suffer injuries starting with interviews about complaints, events at the time of injury, all supporting history, previous injury history, how to practice, then do a physical examination, the doctor looks at the circulation area after the examinations, whereas if necessary the athlete to do an MRI first or X-rays, from all these data the doctor determines the injury diagnosis from the athlete. Then the therapeutic program is determined as to whether it is sufficient to just exercise or whether it needs to be assisted with modalities, ice therapy or massage. From these data will be monitored until there are developments and after a period of time determined by the doctor alet will be tested to determine whether the athlete is ready to return to sports or return to play. Then for the handling of athletes the SPPOI Eminence communication with the coach or with his team management is very important, when dealing with national athletes planning an injury management program needs to be discussed with the coach and management team, and that also greatly determines how the cederan handling program.

Third, the coordination flow that is carried out by SPPOI Eminence in implementing programs related to the handling of sports injuries is as follows: The human resources involved are

doctors, coordination that runs between doctors and therapists is mostly done in writing, because after all the written documentation health services are things mandatory, so the exercise program from session to session through exercise log of patients so whatever is given by the therapist in his therapy under the supervision of a doctor.

Sports Injury Management Program Sports injury is an injury that occurs when doing sports activities, both when practicing, competing, or while doing various relaxing sports activities. Sports injuries can occur to anyone, both professional athletes and non-athlete individuals involved in sports activities. One thing to realize, sports injuries will not only have an impact on one's physical condition, but also on one's psychological and social condition. Therefore, any sports injury needs to be handled carefully. Starting with establishing the right diagnosis through history taking (question-answer between the doctor-patient), physical examination or radiological examination or other additions, sports injury management is a complex process that starts with establishing the right diagnosis, because without proper diagnosis, the whole process rehabilitation will be undirected. In some cases, the diagnosis can be made only from the history (question and answer session about client complaints) and examination. The main purpose of sports injury management at SPPOI Eminence is not only to relieve symptoms and complaints of pain, but how to restore the client's ability to return to normal activities. For this reason, SPPOI Eminence has Functional Rehabilitation Programs, a rehabilitation program that aims to restore the functional abilities of injured individuals by implementing a series of kinetic chain exercises, core stabilization, neuromuscular efficiency, and integrated movements.

Medical Fitness Program Is a physical training program that is arranged according to the needs of each individual based on medical science. Many chronic diseases that occur today such as coronary heart disease, diabetes mellitus (diabetes), hypertension (high blood pressure), dyslipidemia (high cholesterol), several types of cancer and even stroke. Therefore Eminence SPPOI has a medical fitness program aimed at every individual who has a problem. The physical training program offered in the Eminence SPPOI Medical Fitness Program can be either an individual training program or a group training program. Individual training program packages that can be followed include the "Weight Management Program", where clients will be helped to lose weight in a healthy manner through nutrition management as well as a series of physical exercises and a "Senior Fit Program" aimed at older clients to maintain fitness and reduce the risk of degenerative diseases such as hypertension, diabetes, and joint disease.

Direct Vo2Max Test Vo2Max direct examination is the most accurate examination in determining the level of heart and lung fitness in physical activity with maximum intensity. This physical activity is carried out using a static bicycle or treadmill where exercise begins with the lightest intensity and continues to increase until the maximum intensity. The amount of oxygen used by the body is measured by various methods. The Vo2max measurement method should be carried out according to the type of exercise the person is in to get accurate results because the body adapts (both the respiratory system, muscle strength, metabolism) specific to the sport. Maximum oxygen uptake (Vo2max) is defined as the maximum value at which oxygen can still be taken, distributed, and used by the body when the intensity of physical activity reaches a maximum. The respiratory system takes oxygen from the lungs and distributes it throughout the body. The heart system and blood vessels pump oxygen-rich blood throughout the body. The musculoskeletal system (muscle system) which uses oxygen to convert carbohydrates and fats into ATP which is a source of energy for muscle contraction and heat production. Direct Vo2Max Test at SPPOI Eminence using Cosmos® H / P treadmills and Cortex® Software. The examination procedure is carried out by professional medical personnel safely. Clients will get a report from the

examination of Vo2Max along with recommendations for training to increase the value of Vo2Max according to the desired target.

The reality of sport injury management in SPPOI Eminence, sports injuries can occur to anyone, both professional athletes and non-athlete individuals involved in sports activities. One thing to realize, sports injuries will not only have an impact on one's physical condition, but also on one's psychological and social condition. In the case of sports injuries that occur to athletes, not only athletes are injured victims, but also families, coaches, management, and every individual involved in the athlete's career. When a sports injury occurs in a non-athlete individual, the individual will also experience psychological effects because he can no longer do the sport he likes. Therefore, however, any sports injury needs to be handled carefully. Starting with establishing the right diagnosis through history taking (question-answer between the doctor-patient), physical examination or radiological examination or other additions, sports injury management is a complex process that starts with establishing the right diagnosis, because without proper diagnosis, the whole process rehabilitation will be undirected. In some cases, the diagnosis can be made only from the history (question and answer session about client complaints) and examination. The main purpose of sports injury management at SPPOI Eminence is not only to relieve symptoms and complaints of pain, but how to restore the client's ability to return to normal activities. To that end, SPPOI Eminence has Functional Rehabilitation Programs, a rehabilitation program that aims to restore the functional abilities of injured individuals by implementing a series of kinetic chain exercises, core stabilization, neuromuscular efficiency, and integrated movements. In the end, the application of this program to the client will simultaneously reduce the risk of injury in the future.

The reality of the role of SPPOI in handling national athlete injuries. For the reality of handling sports injuries at SPPOI and national athletes who have been handled by SPPOI, among others, Bojan Malisic and Anthony SiniLuka Ginting. Bojan Malisic uses Vo2Max in medical tests for the Lampung FC Rhinoceros team. While Anthony SiniSuka Ginting suffered a knee injury. And now Bojan Malisic is undergoing medical tests at SPPOI after the Team Transfer from Persib Bandung to Lampung Rhinos, Fc. According to Dr. Angelica Anggunadi, Sp. KO Antoni Suka Ginting suffered a knee injury that was being treated at SPPOI. And in reality the handling of injuries in SPPOI many in the handling of national athletes can not be ideal, because in the rehabilitation phase has not been declared ready for return to sport for these athletes have to play again.

How is the role of SPPOI in supporting national sports achievements. SPPOI performs its role in supporting national achievements in conducting preventive, curative and rehabilitative measures by screening athletes if they are not able to compete or get a high performance program, both screening and participating before the competition are very important to determine the athlete's condition and as a basis for making training programs like we do for athletes. Besides that, as I explained, SPPOI also collaborates with KEMENPORA and PERTAMINA, PERTAMINA, BNI, BRI, PUSRI.

CONCLUSIONS AD SUGGESTIONS

Based on the findings of the field data and theoretical discussion, this researcher can conclude the following matters :

SPPOI Jakarta's excellence as a sports medicine center in carrying out aspects of injury prevention, injury management as a sports injury rehabilitation center and SPPOI educates, spreads or implants or shares the importance of doing injuries, and injury rehabilitation to restore athletes who have suffered the best performance injuries.

SPPOI institutional form. SPPOI is a sports medicine clinic with a private status, this clinic is coordinated by the Ministry of Youth and Sports which also manages the Indonesian Academy of Bolabasket. SPPOI technical personnel from various educational backgrounds namely sports medicine specialists, physiotherapists, sports scholars. The functions and mechanism of SPPOI work are as follows: SPPOI's function is as a health service provider, especially in the field of sports medicine providing medical services as follows sprint track, SPPOI eminence check room, therapy room, modality tool, women's room, fitness room, massage room, sports massage .

Meanwhile, the mechanism of work still needs to be developed, so far that has been able to run in terms of supporting national sports achievements is SPPOI cooperating with the Ministry of Youth and Sports and supported by Pertamina, BRI, Pertamina, BRI, PUSRI

For the reality of sports injury management in SPPOI, SPPOI has a sports injury management program is a complex process that starts with proper diagnostic enforcement, the main goal of SPPOI sports injury management is not only to relieve symptoms and complaints of pain, but how to restore athlete's performance back to normal activity. . For this reason, SPPOI has functional rehabilitation programs, which are rehabilitation programs that aim to restore the injured individual's functionalities by implementing a series of kinetic chain exercises, core stabilization, neuron muscular efficiency, and integrated movements. In the end, the implementation of this program on the client at the same time reduce the risk of injury in the future.

SPPOI performs its role in supporting the achievements of national athletes in taking preventive, curative, and rehabilitative measures that athletes if in an injury condition the athlete will not be able to compete or can get a high performance program, the second screening and pre-test participation before the competition is very important to know the athlete's condition as a basis for making training programs like athletes do in general.

Based on the conclusions described above, the suggestions from the authors are as follows: Research sees that it is necessary to build and develop an integrated system of sport science and sports medicine in order to create a sustainability in the management of athletes in particular, because basically prevention of sports injuries is equally important with practice. A sports medicine center must be built in each region or province to support overall sports performance, and it is necessary to promote sports science as a whole so that national sports management is based on scientific and scientific data.

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