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Improving sports rehabilitation for athletes: addressing gaps in current practices to improve recovery outcomes

Mejorar la rehabilitación deportiva para los atletas: abordar las deficiencias en las prácticas actuales para mejorar los resultados de recuperación

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Abstract
This study aims to enhance sports rehabilitation practices in the Philippines by evaluating the profiles of injured athletes, assessing the effectiveness of current rehabilitation strategies, and identifying areas for improvement. A total of 305 Filipino student-athletes undergoing rehabilitation from various sports injuries participated in the study through a purposive sampling method. Data were collected using a researcher-made questionnaire that examined five key dimensions of Sports Injury Related Growth (SIRG): personal strength, improved social life, health-related benefits, sports-related benefits, and social support and recognition. The study employed a descriptive quantitative design with statistical tools such as weighted mean, z-test, ANOVA, and correlation analysis to interpret data. Findings revealed that most respondents were aged 15–18 years and that elbow injuries were the most prevalent. The effectiveness of rehabilitation strategies was rated positively, particularly in controlling pain and swelling. However, advanced recovery techniques like proprioception, balance, and sport-specific training were identified as areas needing enhancement. A high extent of personal strength and social support was also observed, underscoring the importance of psychological and social factors in the recovery process. Correlation analysis showed a significant relationship between rehabilitation conduct and athlete profiles, as well as between injury types and rehabilitation outcomes. The study recommends integrating advanced recovery protocols and psychosocial support systems into sports rehabilitation programs. These findings are expected to inform policymakers, rehabilitation professionals, and educators in developing more comprehensive and personalized rehabilitation approaches for Filipino athletes.

Keywords: rehabilitation; recovery; athletes; injuries; SIRG.

Resumen
Este estudio tiene como objetivo mejorar las prácticas de rehabilitación deportiva en Filipinas mediante la evaluación de los perfiles de los atletas lesionados, la eficacia de las estrategias de rehabilitación actuales y la identificación de áreas de mejora. Un total de 305 atletas filipinos en proceso de rehabilitación por diversas lesiones deportivas participaron en el estudio, seleccionados mediante muestreo intencional. Los datos se recopilaron utilizando un cuestionario elaborado por los investigadores que examinó cinco dimensiones clave del Crecimiento Relacionado con Lesiones Deportivas (SIRG): fortaleza personal, vida social mejorada, beneficios relacionados con la salud, beneficios deportivos y apoyo social y reconocimiento. El estudio utilizó un diseño cuantitativo descriptivo con herramientas estadísticas como media ponderada, prueba z, ANOVA y análisis de correlación para interpretar los datos. Los resultados revelaron que la mayoría de los encuestados tenían entre 15 y 18 años, y que las lesiones de codo eran las más frecuentes. Las estrategias de rehabilitación fueron evaluadas positivamente, especialmente en el control del dolor y la inflamación. Sin embargo, se identificaron técnicas avanzadas de recuperación, como el entrenamiento propioceptivo, el equilibrio y la preparación específica para el deporte, como áreas que requieren mejora. También se observó un alto grado de fortaleza personal y apoyo social, lo que resalta la importancia de los factores psicológicos y sociales en el proceso de recuperación. El análisis de

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correlación mostró una relación significativa entre la rehabilitación y los perfiles de los atletas, así como entre los tipos de lesiones y los resultados de recuperación.

Palabras claves: rehabilitación; recuperación; atletas; lesiones; SIRG.

Introduction

Athletes epitomize the pursuit of excellence, achieving personal goals and contributing significantly to their teams' successes through unwavering dedication, discipline, commitment, and arduous training. Their accomplishments inspire others to push their limits and strive for greatness (Bird et al., 2024; Bolanio et al., 2018; Meng et al., 2024). However, while sports offer numerous benefits, including personal development and societal influence, they also come with inherent risks, such as sports injuries (Malm et al., 2019; Martín-Rodríguez et al., 2024). These injuries, which can range from acute to chronic, often affect the musculoskeletal system and require specialized treatment and rehabilitation (Khan et al., 2023).

Sports rehabilitation is a critical area of sports science that aims to restore optimal physical function following injury. It is a multifaceted process involving physical therapy, psychological support, and sport-specific conditioning tailored to the athlete's discipline. For example, rehabilitation in contact sports like basketball or football often focuses on joint stability and muscle recovery, whereas in endurance sports like long-distance running, it emphasizes cardiovascular endurance and biomechanical corrections to prevent recurrence. In sports such as gymnastics or figure skating, rehabilitation must address flexibility and neuromuscular coordination, while in racket sports like tennis, it often includes targeted therapy for overuse injuries such as lateral epicondylitis. Each sport presents unique demands, requiring tailored rehabilitation protocols to ensure athletes can safely and effectively return to play.

For Filipino athletes, the recovery process is crucial not only for their return to sports but also for their overall well-being (Clavaton et al., 2022; Tabiando, 2024). Effective sports rehabilitation programs are vital in ensuring that athletes regain their physical capabilities and mental strength (Ang & Delariarte, 2023). Despite the growing recognition of the importance of sports rehabilitation, there is a significant gap in comprehensive programs tailored to the specific needs of injured Filipino athletes (Aspe

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et al., 2024). Current rehabilitation strategies may not fully address the unique challenges faced by these athletes, potentially leading to prolonged recovery times, incomplete healing, and a higher risk of re-injury. This gap highlights the need for an enhanced sports rehabilitation program that considers the specific physical, psychological, and social factors affecting Filipino athletes (Husain et al., 2024).

This study aims to contribute to the development of sports rehabilitation in the Philippines by proposing enhancements to existing rehabilitation programs. Specifically, it seeks to analyze the types of sports injuries requiring rehabilitation among Filipino athletes, evaluate the effectiveness of current rehabilitation strategies, and develop a comprehensive rehabilitation program that addresses the identified gaps and improves recovery outcomes for injured athletes. The study's objectives are rooted in the understanding that a well-structured rehabilitation program is essential for helping injured athletes return to their highest level of function (Ponio, 2024).

To achieve these objectives, the study will explore several key questions: What is the profile of the respondents according to age, gender, sports rehabilitation center, and injuries? To what extent is the recovery of the selected respondents? How effective is the conduct of sports rehabilitation among Filipino athletes in terms of personal strength, social life improvement, health-related benefits, sports-related benefits, and social support and recognition? Additionally, the study will assess the effectiveness of current sports rehabilitation strategies in terms of recovery time, return to sport rate, functional outcome measures, pain level, patient satisfaction, and cost-effectiveness. It will also examine whether significant differences exist in the conduct of sports rehabilitation based on the respondents' profiles and the type of injuries sustained.

The findings of this study will benefit various stakeholders in the Philippine sports community. Government agencies like the Philippine Sports Commission (PSC) can use the recommendations to improve sports rehabilitation services nationwide. National sports associations may integrate the findings into their athlete development programs, ensuring that injured athletes receive the best possible care. Athletes themselves will gain valuable insights into the rehabilitation process, empowering them to take an active role in their recovery. Faculty members involved in sports science and physical education can enhance their curricula by incorporating the study's findings, thereby better preparing

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future sports professionals. Lastly, future researchers may use this study as a foundation for further investigation into sports rehabilitation in the Philippines, contributing to the continuous improvement of athlete care and recovery.

Methods

Research Design

This study employed a descriptive-correlational quantitative research design to analyze the profiles, injury types, rehabilitation practices, and recovery outcomes of student-athletes undergoing sports rehabilitation. The descriptive aspect allowed for the systematic documentation of rehabilitation trends, while the correlational component enabled the examination of relationships between respondents' profiles and both the conduct and effectiveness of rehabilitation programs.

Participants and Sampling Technique

A total of 305 student-athletes undergoing rehabilitation were selected through purposive sampling. These participants were recruited from Sports Rehabilitation Centers and Sports Medicine Centers and met the inclusion criteria: currently undergoing or recently completed rehabilitation for a sports-related injury and willingness to provide informed consent. The respondents were diverse in terms of age, gender, and injury types, ensuring a comprehensive view of the rehabilitation landscape.

Instrument

Data were collected using two tools:

1. A checklist identifying the types of sports injuries sustained by the athletes.
2. A researcher-made questionnaire designed to assess the extent and perceived effectiveness of rehabilitation across five dimensions of the Sports Injury Related Growth (SIRG) model: personal strength, improved social life, health-related benefits, sports-related benefits, and social support and recognition. Items were rated on a 5-point Likert scale.

To ensure content validity, the questionnaire was reviewed by three recognized experts in sports science, physical therapy, and educational measurement. The validation

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process involved evaluating item relevance, clarity, and alignment with the study objectives. Based on expert feedback, items were revised for clarity and appropriateness. Subsequently, a pilot test involving 30 student-athletes was conducted to assess the instrument's reliability, yielding a Cronbach's alpha of 0.87, indicating high internal consistency.

Data analysis and ethical considerations

Descriptive statistics, including weighted mean and frequency distribution, were used to summarize the profile of the respondents and evaluate the extent of their recovery. To assess differences in rehabilitation outcomes based on profile variables, z-tests and ANOVA were applied. To examine the relationship between variables, Pearson correlation coefficients were calculated.

The study found a moderate positive correlation ($r = 0.6481$) between respondents' profiles and the extent of sports rehabilitation, and a high positive correlation ($r = 0.9392$) between profiles and perceived rehabilitation effectiveness—both statistically significant at the 0.05 level. These findings support the study's correlational objective.

Ethical standards were strictly followed. Informed consent was obtained from all participants, and confidentiality was assured throughout the research process.

Results

This section presents the findings of the study based on the following research objectives: (1) to determine the profile of the respondents, (2) to assess the extent of recovery among injured athletes, (3) to evaluate the effectiveness of current rehabilitation strategies, and (4) to identify significant relationships and differences to support the development of a proposed enhanced rehabilitation program.

Table 1 shows the demographic profile of the respondents reveals that the largest proportion of injured and rehabilitating athletes fall within the 15–18 years old age group, accounting for 39.02% of the total population. According to Pediatric Sports Epidemiology, athletes in this age bracket are particularly vulnerable to pelvis, spine, and chest injuries due to skeletal immaturity and the presence of active growth plates. These physical factors make younger athletes more susceptible to musculoskeletal injuries.

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In terms of gender, female athletes (52.13%) slightly outnumber male athletes (47.87%) in rehabilitation centers. This is consistent with findings from Pediatric Sports Epidemiology that report a higher incidence of anterior cruciate ligament (ACL) injuries among females, particularly those participating in high-impact sports such as basketball and soccer.

Regarding rehabilitation setting, respondents were almost evenly distributed between the Sports Rehabilitation Center (50.16%) and the Sports Medicine Center (49.84%). This balance indicates that both facilities play a significant role in athlete rehabilitation. The Sports Rehabilitation Center, however, is noted for its focused approach on treating fewer patients with higher standards of care, aiming to restore the patient's pre-injury quality of life and performance level.

Table 1. Demographic and Rehabilitation Profile of the Respondents

Profile Category	Classification	N	Percentage
Age Bracket	15–18 years old	119	39.02%
	19–21 years old	84	27.54%
	22 and above	102	33.44%
	Total	305	100%
Gender	Male	146	47.87%
	Female	159	52.13%
	Total	305	100%
Rehabilitation Center	Sports Rehabilitation Center	153	50.16%
	Sports Medicine Center	152	49.84%
	Total	305	100%

Table 2 show the sports injury profile of the respondents reveals that elbow injuries (33.11%) were the most common, followed by shoulder injuries (23.61%), knee injuries (20.98%), leg injuries (18.03%), and ankle injuries (10.49%). These injuries reflect the diverse physical demands and overuse patterns associated with different sports. For example, overhand throwing sports often lead to elbow injuries, while pivot-heavy sports like basketball may cause more knee or ankle issues.

Recovery outcomes were generally rated as effective, with "Controlling pain and swelling" receiving the highest score (M = 2.83) and "Proprioception, balance, and sport-

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specific training" scoring the lowest (M = 2.58), suggesting a need to further improve advanced rehabilitation stages.

Respondents reported a high extent of rehabilitation across various dimensions: personal strength (2.68), social life (2.65), health-related benefits (2.65), sports-related benefits (2.63), and social support and recognition (2.68). These findings underscore the importance of a holistic recovery approach that includes not just physical treatment but also psychological and social reinforcement.

Table 2. Injury Profiles and Recovery-Related Outcomes of the Respondents

Category	Item	n / M	% / Interpretation
Injury Profile	**Shoulder Injuries**	72	23.61%
	Rotator cuff injury	37	12.13%
	Impingement	22	7.21%
	Instability	13	4.26%
	Knee Injuries	64	20.98%
	Tennis elbow (lateral epicondylitis)	24	7.87%
	Golfer's elbow (medial epicondylitis)	12	3.93%
	Little league elbow	17	5.57%
	Ulnar collateral ligament injury	11	3.61%
	Elbow Injuries	101	33.11%
	Runner's knee	39	12.79%
	Fracture	11	3.61%
	Dislocation	10	3.28%
	Torn ligament	21	6.89%
	Meniscal tear	12	3.93%
	Tendon tear	8	2.62%
	Leg Injuries	55	18.03%
	Groin pull	26	8.52%
	Hamstring strain	10	3.28%
	Shin splints	19	6.23%
	Ankle Injuries	32	10.49%
	Ankle sprain	24	7.87%
	Achilles tendinitis	8	2.62%
Extent of Recovery	Controlling pain and swelling	2.83	Effective
	Increasing range of motion or flexibility	2.60	Effective
	Strength training (isometrics, bands, weights)	2.59	Effective

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	Proprioception, balance, sport-specific training	2.58	Effective
	Gradual return to activity	2.59	Effective
	Overall Mean (Recovery)	2.64	Effective
Personal Strength	Push myself to recover	2.83	High Extent
	Influence teammates to recover	2.62	High Extent
	Manage emotions	2.63	High Extent
	Believe in faster recovery	2.64	High Extent
	Overall Mean	2.68	High Extent
Social Life	Team and coach care	2.77	High Extent
	Family care	2.57	High Extent
	Camaraderie with rehab staff	2.60	High Extent
	Trust in coaches and teammates	2.65	High Extent
	Overall Mean	2.65	High Extent
Health-Related Benefits	Realize importance of fitness	2.76	High Extent
	Caution during training	2.63	High Extent
	Proper warm-up and cool-down	2.61	High Extent
	Compliance with coaches	2.61	High Extent
	Overall Mean	2.65	High Extent
Sports-Related Benefits	Be more helpful to team	2.74	High Extent
	Be stronger post-rehab	2.56	High Extent
	Be more agile and fast	2.61	High Extent
	Contribute more to team	2.59	High Extent
	Overall Mean	2.63	High Extent
Social Support & Recognition	Coaching staff concern	2.81	High Extent
	Build support system	2.63	High Extent
	Teammates excited for return	2.60	High Extent
	Rehab center eagerness	2.69	High Extent
	Overall Mean	2.68	High Extent

Assessment of the effectiveness of current sports rehabilitation strategies in terms of recovery time, return to sport rate, functional outcome measures, pain level, patient satisfaction, and cost-effectiveness

The assessment of current sports rehabilitation strategies indicates overall effectiveness across various factors, including recovery time, return to sports rate, functional outcomes, pain levels, pain satisfaction, and cost-effectiveness. Respondents perceive rehabilitation as most effective when recovery occurs within 1-2 weeks, with a

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slight decline in effectiveness for longer recovery periods. Quick returns to sports post-recovery are seen as more effective, emphasizing the importance of a holistic approach in rehabilitation. Pain management during rehabilitation is recognized as crucial, with higher satisfaction linked to well-managed pain. Cost-effectiveness is rated highest when fees are reasonable, though there is a noted need for improved facility quality. Overall, while effective, there is room for enhancement in pain management, functional outcomes, and facility standards.

Difference in the extent of conduct of sports rehabilitation towards the extent of the recovery of the respondents, grouped according to their profile

Table 3 shows the statistical analysis examined both differences and relationships between various respondent profiles and their sports rehabilitation experiences and outcomes.

First, the analysis of differences in the extent of rehabilitation conducts toward recovery outcomes, when grouped by age, sex, rehabilitation center type, and injury type, showed no significant differences (all p-values > 0.05). This suggests that the effectiveness of rehabilitation is consistent regardless of demographic or injury-related factors.

Second, the study found a moderate positive and statistically significant correlation (r = 0.6481) between the respondents' profiles and the extent to which rehabilitation was conducted, indicating that certain characteristics may influence how thoroughly rehabilitation is administered.

Third, a strong and significant positive correlation (r = 0.9392) was observed between respondent profiles and the effectiveness of rehabilitation strategies, implying that personalized approaches may enhance strategy outcomes.

Lastly, a moderate positive correlation (r = 0.5687) was found between types of injuries and the conduct of rehabilitation, suggesting that rehabilitation practices are somewhat adapted based on the injury classification.

These findings reinforce the importance of personalization in sports rehabilitation and support data-driven decision-making in designing athlete recovery programs.

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Table 3. Statistical Analysis of Relationships and Differences in Rehabilitation Conduct and Recovery

Analysis Focus	Variable / r value	F / t value	p-value	Interpretation	Decision / Significance
Difference in Rehabilitation Conduct Toward Recovery (Grouped by Profile)	Age	1.01784060	0.36261069	Not significant	Accept H_0
	Sex	0.10372202	0.74762091	Not significant	Accept H_0
	Rehabilitation Center	0.11170526	0.73843271	Not significant	Accept H_0
	Injuries	0.21243819	0.93143161	Not significant	Accept H_0
Relationship Between Profile and Extent of Rehabilitation Conduct	r = 0.6481	t = 17.0587	0.000	Moderate positive correlation	Significant
Relationship Between Profile and Effectiveness of Rehab Strategies	r = 0.9392	t = 4.3542	0.000	High positive correlation	Significant
Relationship Between Conduct of Rehab and Type of Injuries	r = 0.5687	t = 3.3063	0.000	Moderate positive correlation	Significant

Discussion

This study provides a comprehensive analysis of the demographics, injury types, rehabilitation practices, and recovery outcomes among injured Filipino athletes. One of the most notable findings is the high incidence of injuries among younger athletes (ages 15–18), which underscores the critical need for age-appropriate and developmentally informed rehabilitation strategies. As highlighted in earlier research, adolescents are particularly vulnerable to sports-related injuries due to the biological changes during puberty that affect muscle strength, coordination, and skeletal development (Costa e Silva et al., 2022; Obërtinca et al., 2024; Schreiber, 2024). These findings emphasize the necessity of tailored interventions that consider growth patterns, training loads, and recovery needs specific to this age group (Al-Qahtani et al., 2023).

The study also reveals that elbow injuries are the most prevalent among the respondents. This aligns with previous literature indicating that elbow injuries are common in sports involving repetitive upper extremity motions, such as baseball, tennis, and volleyball (Aicale et al., 2018; Bunstine et al., 2024; Lin et al., 2022). These types of injuries often result from overuse, improper technique, or excessive training volume, and

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they require targeted rehabilitation protocols that focus on joint stabilization, muscle strengthening, and load management (Buchanan et al., 2024).

In terms of rehabilitation outcomes, pain management emerged as the most effective component, as shown by the highest mean score for "Controlling pain and swelling." This supports prior findings that effective pain control facilitates early mobility, psychological well-being, and overall adherence to rehabilitation programs (Hainline, 2017; Wang et al., 2024). However, lower effectiveness scores for interventions related to proprioception, balance, and sport-specific training highlight a critical gap. These components are essential for neuromuscular re-education and functional return to sport, particularly in athletes recovering from ligament or joint injuries (Winter et al., 2022; Kim et al., 2024). Their underutilization suggests a need for greater emphasis on integrative, late-stage rehabilitation techniques that mimic sport-specific movements and demands.

A key gender-based insight is the elevated risk of anterior cruciate ligament (ACL) injuries among female athletes, particularly in sports such as basketball and soccer. These injuries are influenced by anatomical and hormonal differences, as well as movement biomechanics (Ramachandran et al., 2024; Montalvo et al., 2019). The study supports this observation and further implies that rehabilitation strategies should be customized not only by sport and injury type but also by sex, integrating gender-responsive protocols into standard rehabilitation care (Mancino et al., 2024).

Moreover, the study emphasizes the importance of psychosocial factors in the rehabilitation process, evidenced by high scores in areas such as personal strength and social support. Psychological resilience, motivation, and a strong support network can significantly enhance rehabilitation adherence and success (Chasi Morocho & Chasillacta Amores, 2024). This suggests that rehabilitation programs must integrate mental health support, athlete counseling, and peer reinforcement mechanisms to foster positive recovery experiences.

The findings also contribute to the scientific literature by confirming significant relationships between athletes' profiles and the extent or effectiveness of rehabilitation. A moderate to strong correlation was observed between the athletes' demographic/injury profiles and how rehabilitation was conducted or perceived, which implies that

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personalized rehabilitation approaches can yield better outcomes. This affirms the growing advocacy for precision rehabilitation, where individual traits inform intervention design (Delande & Lavand'homme, 2023).

From a systems perspective, the study highlights that while current rehabilitation efforts are generally effective, improvements in infrastructure, resource allocation, and training for sports rehabilitation professionals are needed. Facilities must be equipped to deliver not only basic pain relief but also high-level neuromuscular reconditioning and return-to-play assessments that reflect the demands of modern competitive sports.

Despite these valuable insights, several limitations must be acknowledged. The cross-sectional nature of the study limits its ability to infer causal relationships between rehabilitation strategies and outcomes. The use of self-reported data also introduces the potential for response bias, as athletes may consciously or unconsciously misrepresent their progress. Furthermore, the focus on Filipino athletes constrains the generalizability of the findings to other national contexts. These limitations underscore the importance of longitudinal, multi-center studies involving diverse athlete populations to deepen the global understanding of rehabilitation science (Magalhães et al., 2024).

Future research should focus on evaluating the long-term effectiveness of various rehabilitation protocols, including those integrating psychological and social dimensions. Investigating sport-specific rehabilitation pathways, comparing outcomes between standard and tailored protocols, and assessing the impact of emerging technologies—such as wearable sensors, virtual reality, or AI-assisted rehab—could contribute substantially to advancing this field. Additionally, researchers should explore how rehabilitation culture, access, and athlete perceptions vary across different regions and levels of competition (Tranaeus et al., 2024).

In summary, this study not only supports existing rehabilitation principles but also provides new insights into the demographic, psychological, and contextual factors that influence rehabilitation success. It calls for a shift from generalized rehabilitation programs to holistic, evidence-based, athlete-centered approaches that address the complexity of injury recovery in sport.

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Conclusion

This study provides a detailed analysis of sports rehabilitation practices, emphasizing the importance of understanding demographic profiles, injury types, and the effectiveness of various rehabilitation strategies. Key findings reveal that younger athletes, particularly those aged 15-18, are disproportionately represented in rehabilitation centers, highlighting a critical need for age-specific preventive and therapeutic interventions. The high incidence of elbow injuries among respondents aligns with existing research on repetitive stress injuries, underscoring the necessity for targeted rehabilitation protocols in sports prone to such injuries.

The effectiveness of current rehabilitation strategies was found to be variable, with "Controlling pain and Swelling" rated as highly effective, whereas aspects like "Focuses on proprioception, balance, and sport-specific training" were less emphasized. This disparity points to a significant opportunity for enhancing rehabilitation programs by incorporating advanced recovery techniques that address both physical and functional recovery needs. The study also confirms the heightened risk of ACL injuries among female athletes, reaffirming the importance of gender-specific rehabilitation strategies.

The results indicate that effective rehabilitation is closely linked to timely and well-managed interventions, as well as comprehensive care that includes psychological support and social factors. The high extent of social support and personal strength reported by respondents suggests that integrating these elements into rehabilitation programs can positively influence recovery outcomes. These insights point to the need for more holistic rehabilitation approaches that go beyond physical recovery to include emotional and social support.

Practical applications of these findings include the development of more nuanced and personalized rehabilitation programs that address the specific needs of different athlete demographics and injury types. Enhancing the training and resources available to rehabilitation centers, as well as implementing targeted preventive measures, can significantly improve recovery outcomes. Additionally, fostering strong support systems within rehabilitation programs can further enhance athletes' recovery experiences and overall effectiveness.

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Broader impacts of this study extend to improving sports rehabilitation practices at both the individual and systemic levels. By addressing identified gaps and incorporating comprehensive care approaches, sports organizations and rehabilitation centers can better support athletes through recovery, ultimately leading to better long-term outcomes and reduced recurrence of injuries. Future research should continue to explore the long-term effects of various rehabilitation strategies and expand the scope of study to include diverse populations and sports disciplines, thereby contributing to a more inclusive and effective approach to sports rehabilitation.

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Appendix

Proposed Action Plan Seminar Workshop

The main objective of this study is to enhance sports rehabilitation among Filipino athletes by focusing on various aspects of injury recovery, personal strength, social life, health-related benefits, sports-related benefits, and social support. To improve the extent of sports injury recovery, actions such as hiring qualified physical therapists, closely monitoring patients, and involving family members in the rehabilitation process for moral support are emphasized. In terms of personal strength, the focus is on fitness assessment, fostering a positive mindset among injured athletes, and managing emotions during recovery. Enhancing social life is achieved by appreciating team and coach support and building camaraderie within the rehabilitation center. Health-related benefits are highlighted through actions like executing proper warm-up and cool-down routines and complying with coaches' instructions during rehabilitation. The sports-related benefits include becoming more helpful to the team, recovering stronger, and improving agility and speed post-rehabilitation. Finally, recognizing social support involves acknowledging the concern of coaching staff, building a support system within the rehabilitation center, and facilitating a swift return to training and competition. These actions collectively aim to improve the effectiveness of sports rehabilitation for Filipino athletes.

Extent of Sports Injury Recovery	
Actions	• Hiring eligible physical therapies. • Patient close monitoring with the assigned physical therapies. • Family members of the patient orientation on the patient's status in rehabilitation for moral support
Extent of the Conduct of sports rehabilitation of the Filipino	
Personal Strength Action	• Emphasizing patients' fitness assessment • Influencing other team members who also suffer sports injuries to believe that they will recover fast. • Managing emotions while in the recovery stage from sports injuries
Improve Social Life Action	• Appreciating how team members and coaches care for each other

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	• building camaraderie with the rehabilitation center coaches and staff
Health-Related Benefits Action	• Realizing the importance to be well and fit into sports. • executing proper warm-up and cool-down during training and games • Managing to be compliant with the coaches during sports rehabilitation
Sports-Related Benefits Action	• More helpful to the team after and manage to recover from the sports rehabilitation. • Stronger after recovering from sports rehabilitation. • More agile and fast after I recover from the sports rehabilitation
Social Supports Recognition Action	• Coaching staff is concerned about my recovery. • Building supports system over the rehabilitation centers while recovering from sports injuries • Getting back to training and games as soon as possible