

## **Rapid Manipulation Training for Repositioning in Location for Sport Coach**

**by Dr.dr. BM Wara Kushartanti, Dr.dr. RL Ambardini, M.Kes. Dr. Dra. Sumaryanti, M.S.**

### **ABSTRACT**

The PPM aimed to improve the skills of sports coaches on rapid manipulation to reposition in location in the case of sports injuries, with subsequent expectations of the results of this training can be applied to the care of athletes who suffered an injury during training or competition. This is motivated by the fact that the coach was the one that was in place at the time the injury occurred.

The methods consisting of theory and practice, using lecture, question and answer, discussion and practice of rapid manipulation to reposition the injury. The theoretical material, include Functional Anatomy, Sports Physiology and Sports Massage. While the practice of training materials, including ways to reposition a sports injury massage using Topurak (trigger point pressure-tapotement-active motion). Participants of the training consists of a sports coach in DIY, coming from 13 sports with the number of participants to 40 people.

Results obtained from community service activities, participants stated that the training was very useful, especially in improving the understanding of how the repositioning injury by coach fast, safe, and effective.

*Kata Kunci: Rapid Manipulation, Repositioning, Sport Injuries*