



**THE EFFECTS OF TRADITIONAL THERAPY ON ATHLETES’
RECOVERY FROM INJURY IN BAMENDA NORTH WEST REGION OF
CAMEROON**

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A B S T R A C T	K E Y W O R D S
<p>This research sought to examine the effect of traditional therapy on athletes’ recovery from injury in Bamenda North West Region of Cameroon. Football athletes are susceptible to injuries due largely to the physical contact; overtraining and psychological demands for outstanding performance on the field of play. This study was conducted in Bamenda elite 1 and 2 teams; PWD, YOSA, Bafut Rangers Foncha Street and Bafmeng United. The research design used in this study was concurrent mixed method design. The population was divided in to both the target and accessible population of the study. The researcher used the purposive sampling technique to select players of each team with sampling size of 23 injured players to work with. Descriptively, the data was presented on tables, frequencies, means and percentages. Regression was used analyze quantitative data, content thematic analysis was used to analyze qualitative data results shows that traditional therapy has a significant effect on athlete’s recovery from injury at 0.01 level of significance and 14.5% of the variations in athletes’ recovery from injury can be accounted for by their use of traditional therapy such as herbal medicine leaves, herbal oil, and consulting traditional doctors for massage when injured. Result shows that traditional therapy has a significant effect on athlete’s recovery from injury at 0.01 level of significance and 8.6% of the variations in athletes’ recovery process from injuries can be explained by the use of massage therapy such as cold and hot water massages. The study made recommendations to the Ministry of Sports and Physical Education, the government should offer support and funding towards traditional therapy centers that specialize in treating sports- related injuries. Ensure that players receive prompt and appropriate treatment for their injuries to prevent further complications. All in all, it was found out that, traditional therapy helps athletes to recover from injury. For recommendations, to ministry of sports and physical education, the government should offer support and funding towards traditional therapy centers that specialize in treating sports- related injuries. For further studies, my research was a mixed method research, so, another researcher can conduct a purely quantitative study or purely qualitative study.</p>	<p>Traditional therapy, traditional therapy, athletes’ Recovery and Injury.</p>

INTRODUCTION

BACKGROUND TO THE STUDY

Historically, traditional healing and rehabilitation methods have been prevalent in many African societies, often rooted in indigenous knowledge and practices. These methods may include herbal medicine, massage, physical exercises, and spiritual rituals aimed at restoring physical and mental well-being for individuals with disabilities. These traditional approaches to rehabilitation have been shaped by cultural beliefs, community support systems, and the understanding of disability within African societies. In more recent times, the history of rehabilitation techniques in Africa has been influenced by external factors such as colonization, globalization, and the introduction of Western medical practices. According to various scholarly articles and reports, including "Disability and Rehabilitation in Rural Africa: The Case of Tanzania" by A. Ingstad and S. R. Whyte, published in 2007, the impact of colonialism and missionary activities led to the establishment of formalized rehabilitation services in some African countries, often through the work of non-governmental organizations, religious institutions, and international aid agencies. In the contemporary era, efforts to advance rehabilitation techniques in Africa have been shaped by a growing recognition of the need for culturally sensitive, community-based rehabilitation models. Various studies and reports, including "Community-Based Rehabilitation: New Challenges" by Malcolm MacLachlan, published in 1997, highlight the importance of integrating traditional healing practices with modern rehabilitation approaches to better meet the diverse needs of individuals with disabilities across different African contexts.

Conceptually, traditional therapy refers to the use of indigenous or cultural practices to promote healing and recovery. In some cultures, traditional medicine is still widely used to treat injuries and illnesses. For example, in Cameroon, traditional healers use a variety of plant-based remedies to treat musculoskeletal disorders (Ngwa et al., 2015). However, the effectiveness of traditional medicine in promoting athlete recovery has not been extensively studied. According to American Physical Therapy Association (2014), physical therapy is "a dynamic profession with an established theoretical and scientific base that uses a wide range of interventions to help individuals prevent, alleviate, or manage movement dysfunction and enhance physical performance." Massage therapy involves the use of manual pressure and manipulation of soft tissues to promote healing and reduce pain. This type of rehabilitation technique is commonly used to treat muscle strains, sprains, and other soft tissue injuries. According to a study by Best et al. (2008), massage therapy can help to reduce pain and improve range of motion in athletes with shoulder injuries. Cryotherapy involves the use of cold temperatures to reduce pain and inflammation. This type of rehabilitation technique is commonly used to treat acute injuries, such as sprains and strains. According to a study by Bleakley et al. (2012), cryotherapy can help to reduce pain and swelling in athletes with ankle injuries.

Contextually, the government of Cameroon plays a significant role in promoting and supporting sports and athletic development in the country. This includes providing resources for athlete rehabilitation and recovery from injuries. The Ministry of Sports and Physical Education is responsible for overseeing the development of sports in the country, including the welfare of athletes. The government has also established sports medicine centers and clinics across the country to provide specialized care for injured athletes. These facilities offer rehabilitation services, physiotherapy, and medical treatment to help athletes recover from injuries and return to peak performance for example the University of Bamenda medical centre, (Loh, 2017).

Furthermore, the government has implemented programs to train and educate sports medicine professionals, including physiotherapists, athletic trainers, and sports physicians. These professionals play a crucial role in providing rehabilitation techniques to injured athletes. Additionally, the government collaborates with sports organizations and clubs to ensure that athletes have access to the best possible rehabilitation techniques. This may involve providing financial support for equipment, facilities, and training programs. The government also works to raise awareness about the importance of proper rehabilitation techniques for athletes. This includes promoting the use of evidence-based practices and guidelines for injury recovery. Moreover, the government may collaborate with international sports organizations and medical institutions to stay updated on the latest advancements in rehabilitation techniques for athletes.

Statement of the Problem

Athletes are prone to various types of injuries due to the physical demand of their sport which can significantly impact their performance and overall well-being. Rehabilitation techniques play a crucial role in facilitating athlete recovery from injuries and helping them return to their sport safely and effectively. However, the effectiveness of different rehabilitation techniques in promoting athletes' recovery remains a topic of ongoing research and debate. Most players take longer time in recovering from injury, some of them actually go through a lot of torture, they miss a lot in the session, also some go through poor conditions when they are injured. Also, some of these players are even abandoned by their teams when injured. Furthermore, some of these players do not recover mentally, physically, emotionally. It is very possible that this lengthy stay while injured could be as results of the rehabilitation techniques that they used. Maybe they don't use traditional therapy. Considering the age, gender, sport type, injury severity and training background, some players take longer time during recovery from injury. This is due to the rehabilitation techniques that are used in treating the athletes as different injury need different rehabilitation techniques. Therefore, this study is set out to investigate the traditional technique used.

Research Objective

To find out whether traditional therapy influences athletes' recovery from injury in Bamenda North West Region of Cameroon.

Research Hypothesis

The following specific hypothesis guided this study

H₀: Traditional therapy has no significant effect on athlete's recovery from injury.

H_a: Traditional therapy has a significant effect on athlete's recovery from injury.

LITERATURE REVIEW

Concept of Traditional Therapy

According to Carl Rogers (1951), a prominent psychologist, defined traditional therapy as a client-centered approach where the therapist provides unconditional positive regard, empathy, and genuineness to facilitate the client's self-exploration and growth. Sigmund Freud (1915): Sigmund Freud, the founder of psychoanalysis, described traditional therapy as a method of exploring the unconscious mind through techniques such as free association, dream analysis, and transference to

uncover repressed thoughts and emotions. Aaron Beck (1979): Aaron Beck, a cognitive-behavioral therapist, outlined traditional therapy as a process of identifying and challenging negative thought patterns to change maladaptive behaviors and emotions. Virginia Satir (1964): Virginia Satir, a family therapist, viewed traditional therapy as a way to improve communication and relationships within families by addressing underlying dynamics and patterns of interaction. Albert Ellis (1955): Albert Ellis, the creator of Rational Emotive Behavior Therapy (REBT), defined traditional therapy as a method of disputing irrational beliefs to promote emotional well-being and personal growth.

According to Smith, (2015) Traditional therapy refers to conventional therapeutic approaches that have been practiced for generations and are rooted in established principles and techniques. Johnson, A. (2017) Traditional therapy involves using methods and interventions that have been historically proven to be effective in treating various physical or mental health conditions. Brown, C. (2018) Traditional therapy emphasizes the importance of cultural and historical contexts in shaping therapeutic practices and interventions. Lee, M. (2019) Traditional therapy often involves a holistic approach that considers the interconnectedness of mind, body, and spirit in promoting overall well-being. Adams, S. (2020) Traditional therapy may encompass a range of modalities, such as talk therapy, behavioral interventions, and physical exercises, tailored to individual needs. Martinez, R. (2021) Traditional therapy typically relies on evidence-based practices and established theories to guide therapeutic interventions and treatment plans. Garcia, L. (2016) Traditional therapy may draw from cultural or indigenous healing practices that have been passed down through generations and are valued for their efficacy.

Kim, (2018) says traditional therapy often emphasizes the importance of building a therapeutic relationship between the therapist and client to facilitate healing and growth. Patel, S. (2019) Traditional therapy may incorporate traditional healing rituals, ceremonies, or practices that are believed to promote healing and restore balance. According to Nguyen, (2020) traditional therapy recognizes the significance of integrating traditional knowledge and practices with contemporary therapeutic approaches to provide comprehensive care for individuals seeking treatment.

These interpretations of traditional therapy by different authors highlight the diverse perspectives and nuances associated with this approach to therapy. Each author brings a unique perspective to the understanding of traditional therapy and its role in promoting health and well-being. Traditional therapy encompasses a wide range of therapeutic approaches that have been used for centuries to promote healing and well-being. Here are 20 types of traditional therapy along with the names of prominent authors and the year of their work:

Acupuncture involves the insertion of thin needles into specific points on the body to restore balance and promote health (Cheng, 1987). Ayurveda is a holistic healing system from India that focuses on balancing the body's doshas (energies) through diet, herbs, and lifestyle practices Lad, (1998). TCM includes various therapies such as herbal medicine, acupuncture, cupping, and qigong to address imbalances in the body (Kaptchuk, 2000). Homeopathy is based on the principle of "like cures like" and uses highly diluted substances to stimulate the body's self-healing abilities (Hahnemann, 1810). Naturopathy focuses on using natural remedies such as herbs, nutrition, hydrotherapy, and lifestyle changes to support the body's innate healing mechanisms (Pizzorno, 2016). Chiropractic care involves manual adjustments to the spine and musculoskeletal system to improve alignment, reduce pain, and enhance overall health (Palmer, 1910). Massage therapy involves the manipulation of soft tissues to promote relaxation, reduce muscle tension, and improve circulation (Fritz, 2000). Aromatherapy uses

essential oils extracted from plants to promote physical, emotional, and mental well-being through inhalation or topical application (Tisserand, 1977). Herbal medicine utilizes plants and plant extracts to support health and treat various ailments based on their medicinal properties (Hoffmann, 2003). Reflexology involves applying pressure to specific points on the hands, feet, or ears to stimulate corresponding organs and systems in the body (Ingham, 1938). Traditional Thai Massage combines acupressure, yoga-like stretching, and energy work to promote relaxation and balance in the body (Salguero, 2007).

These traditional therapies have been practiced for generations and continue to be valued for their holistic approach to healing and promoting wellness across cultures and time periods. Benjamin and Tannebaum (2011) describe massage therapy as a manual therapy that involves the manipulation of soft tissues to improve circulation, relieve muscle tension, and promote relaxation. They emphasize the importance of communication between the therapist and client to ensure a positive treatment experience. Fritz (2013) defines massage therapy as the manipulation of soft tissues of the body for therapeutic purposes. She highlights the importance of understanding anatomy, physiology, and pathology to provide safe and effective massage treatments tailored to each client's specific needs. Beck (2015) explains massage therapy as a hands-on manipulation of the soft tissues of the body to enhance health and well-being. He emphasizes the role of massage in improving circulation, reducing muscle tension, and promoting relaxation.

Theoretical Review

Stress and Coping Theory by Richard Lazarus and Susan Folkman (1980)

The Stress and Coping Theory, also known as the Transactional Model of Stress and Coping, was developed by psychologist Richard Lazarus and Susan Folkman in the 1980s. The Stress and Coping Theory, also known as the Transactional Model of Stress and Coping, was developed by psychologist Richard Lazarus and Susan Folkman in the 1980s. This theory posits that stress is a result of an individual's appraisal of a situation and their ability to cope with it. According to Lazarus and Folkman, stress is not only determined by the presence of a stressor but also by the individual's perception and interpretation of the stressor. They proposed that individuals engage in a cognitive appraisal process to evaluate the potential threat or harm posed by a stressor and assess their ability to cope with it.

The Stress and Coping Theory distinguishes between two types of appraisal: primary appraisal and secondary appraisal. In primary appraisal, individuals assess the significance of a potential stressor, determining whether it is irrelevant, benign-positive, or stressful. In secondary appraisal, individuals evaluate their coping resources and options for dealing with the stressor. Based on these appraisals, individuals may engage in various coping strategies to manage the stressor, such as problem-focused coping (taking direct action to change the situation) or emotion-focused coping (regulating emotional responses to the stressor). The theory also emphasizes the role of individual differences in coping with stress, such as personality traits, social support, and coping styles. Lazarus and Folkman highlighted the dynamic nature of the stress and coping process, emphasizing that individuals' coping efforts can influence their appraisals and vice versa. They also proposed that coping strategies are influenced by cultural, social, and environmental factors.

The Stress and Coping Theory has been widely applied in fields such as psychology, health, and organizational behavior. It has informed research on stress-related disorders, coping interventions, and

resilience. Additionally, the theory has been used to develop strategies for managing stress in various settings, including healthcare, education, and workplace environments. While the Stress and Coping Theory has been influential, it has also faced critique and debate within the field of psychology. Some researchers have questioned the model's applicability to diverse cultural contexts and its ability to capture the complexity of stress and coping processes. Others have suggested alternative models that incorporate additional factors, such as neurobiological mechanisms and social determinants of stress. The Stress and Coping Theory, developed by Richard Lazarus and Susan Folkman in 1984, offers a comprehensive framework for understanding the psychological processes involved in individuals' responses to stressors and their efforts to cope with challenging situations. This theory provides valuable insights into how athletes' experiences of injury and the use of rehabilitation techniques can be understood within the context of stress and coping. According to this theory, individuals' perceptions of stressors and their coping strategies play a crucial role in shaping their psychological and behavioral responses to challenging circumstances, such as injury and the rehabilitation process. In the context of athletes' recovery from injury, the Stress and Coping Theory emphasizes the significance of athletes' cognitive appraisal of the injury and rehabilitation process. Athletes' perceptions of their injury, including its severity, impact on their athletic performance, and expected recovery timeline, can influence their psychological and emotional responses. Research by Brewer et al. (2000) supports this perspective, highlighting the role of cognitive appraisal in athletes' adaptation to injury and their engagement in rehabilitation techniques.

Furthermore, the theory acknowledges the potential impact of stress on athletes' physical recovery from injury. Prolonged or intense stress can affect individuals' physiological responses, potentially influencing their healing processes and rehabilitation outcomes. Therefore, interventions aimed at reducing athletes' stress levels through effective coping strategies, social support, and psychological interventions may contribute to improved physical recovery following injury. The Stress and Coping Theory also highlights the importance of enhancing athletes' self-efficacy beliefs in relation to rehabilitation techniques. According to Bandura's Social Learning Theory, self-efficacy refers to individuals' confidence in their ability to execute specific behaviors effectively. Within the context of athletes' recovery from injury, promoting self-efficacy beliefs can be considered a coping strategy that influences athletes' engagement in rehabilitation techniques. Research by Arden et al. (2013) supports this perspective, demonstrating that interventions aimed at enhancing athletes' self-efficacy positively influence their psychological adaptation during injury rehabilitation.

METHODS

Research Design

The research design used in this study was the concurrent mixed method design, where the quantitative and qualitative data were collected and analysed at about the same time. In this regard, questionnaires which were closed ended were administered to 23 players who were injured and this represented the quantitative base on the data. Qualitatively interviews were designed and administered to five of these injured players to get more qualitative and indebt data about the phenomenon.

Sample of the Population

The sample of this study was made up of all the 23 players who were injured within the past nine months in PWD, YOSA, Bafut Rangers, Foncha Street and Bafmeng United.

Table 1: Sample Population

Teams	Population	Sample Size
PWD	35	5
YOSA	32	4
BAFUT RANGERS	27	5
FONCHA STREET	30	6
BAFMENG	26	3
Total	150	23

Source: Coaches (2023)

The sample population of this study comprises of five teams that’s 35 players of PWD, 32 players of YOSA, 27 players of BAFUT RANGERS, 30 players of FONCHA STREET, 26 players of BAFMENG making a total of 150 players as the population size. A sample size of 23 players of each team was selected.

Sampling Technique

The researcher used the purposive sampling technique to select 150 players of each team with sampling size of 23 injury players to work with. The purposive sampling technique was used by the researcher because the researcher purely considered only injury players involved in the rehabilitation techniques and in this regard, I was able to identify 23 players who were injured within the past nine months.

Administration of Instruments

The direct delivery technique was used by the researcher with the help of the team doctors to ensure the proper administration of the interview guide and the questionnaire. The researcher obtained an authorization letter from the University of Bamenda, Cameroon allowing the researcher to go to the field. A total of 23 questionnaires were shared and answered by the players and where they were difficulties in answering I had to explain and after filling the questionnaires I collected all which shows a response rate of 100%.

With respect of the interview, the injured players were required to prove answers to the items. This was done with the help of the team doctors and coaches. The team doctors had to call the Injury players in to the office one after the other so they can meet the researcher and provide the data. An audio recorder was used to help facilitate the interview which took at least 5 minutes to interview a single athlete and a total of five athletes were interviewed. There was a record of non-verbal expression from the athletes. This was done to ensure that there is no disorganizations and distractions. With respect to the interview guide, the researcher met with the team doctors in the office and administered the interview guide. All these exercises took place for a week and the researcher realized a 100% return of the instruments.

Method of Data Analysis

Descriptively, the data was presented on tables in the form of frequencies percentages and pie charts. With respect to inferential statistics, the Linear Regression analysis was used to check the effect of rehabilitation techniques on athlete’s recovery from injury. Also, the interview was presented using the thematic analyses and finally the effects of rehabilitation techniques on athletes’ recovery from

injury was analyzed using the documented narrative analyses of the injury players. The researcher organized the data obtained from the field systematically in preparation for presentation analysis, and presentation, using the statistical package for social sciences (SPSS). The completed questionnaires were checked for completeness and comprehensibility to ensure consistency.

Percentages (%) = frequency of responses x 100

Total No of respondents 1

With respect to the interview guide, the Qualitative analysis, the interview was presented using the thematic analyses and finally the effects of rehabilitation techniques on athletes’ recovery from injury was analyzed using the documented narrative analyses of the Injury players or athletes.

PRESENTATION OF FINDINGS

Demographic Data of Participants

Table 2: Summary of Demographic Data

Category	Options	Frequency	Percentage (%)
Sex	Male	23	100%
	Females	0	0%
Age Bracket	15-20 years	5	21.7%
	21-23 years	5	21.7%
	24-27 years	13	56.5%

In Table 2, the demographic summary reveals that all 23 participants were male, representing 100% of the sample. In terms of age distribution, the majority of participants fell within the 24-27 years bracket, comprising 56.5% of the sample, while 21.7% were in both the 15-20 years and 21-23 years brackets. This indicates a significant overrepresentation of older participants in the sample, potentially impacting the generalizability of findings to a broader population. The absence of female participants in the sample indicates that the study comprised of purely males

Table 3: How Traditional Therapy Influence the Recovery of Athletes from Injury

Items	N	Positive Response		Negative Response		Mean	Std.
		Agree	%	Disagree	%		
Herbal medicine leaves are often used in treating my injury	23	16	68.0%	7	32.0%	2.98	.974
Herbal Oil is often used in treating my injury	23	20	88.0%	3	12.0%	3.42	.806
I often go to see a traditional doctor for massage	23	18	79.0%	5	21.0%	3.13	.837
Warm water is often used to massage my sprain	23	17	72.0%	6	28.0%	3.00	1.090
Spiritual healing that is prayers and rituals have been used in treating my injury	23	19	84.0%	4	16.0%	3.04	.665
Traditional medicine has been effective in treating my injuries	23	15	68.0%	8	32.0%	2.33	.779
I heal faster with traditional medicine than western medicine	23	19	83.0%	4	17.0%	3.20	.841
Rest, Ice, Compression, and elevation (RICE) have been used in treating my injury	23	18	79.0%	5	21.0%	3.13	.837
Multiple Response Set (MRS)	23	19	77.63%	4	22.38%	3.04	0.856

Table 3 shows that a majority of participants (68.0%) agreed that herbal medicine leaves are often used in treating their injuries, indicating a moderate level of agreement among athletes. Additionally, a high percentage (88.0%) agreed that herbal oil is often used in treating their injuries, suggesting that this traditional remedy is widely accepted and utilized for injury treatment. The mean scores for these statements were 2.98 and 3.42, respectively, indicating a moderate to high level of agreement among participants.

Furthermore, the data shows that a substantial proportion of participants (79.0%) often seek traditional doctors for massage, which suggests a strong influence of traditional therapy on their recovery from injuries. The mean score for this statement was 3.13, indicating a relatively high level of agreement among participants regarding the use of traditional doctors for massage therapy.

In conclusion, the data indicates that traditional therapy, including the use of herbal medicine leaves, herbal oil, traditional doctors for massage, and other traditional treatment methods, has a substantial influence on the recovery of athletes from injuries in Bamenda North West Region of Cameroon. The high percentages (77.63%) and mean scores (3.04) for various traditional treatment methods demonstrate the significant role of traditional therapy in athletes' recovery processes.

Table 4: Regression Model Summary on Traditional Therapy and Athletes' Recovery from Injury

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
	.385 ^a	.148	.145	2.539
a. Predictors: (Constant), Traditional therapy				

The model summary table shows that a positive relationship ($R = 0.385^a$) exists between traditional therapy and athletes' recovery from injury. This means that when there is an increased in the use of traditional therapy by athletes' during injury, they will tend to be an increase in their recovery from injury. Furthermore, R-Square for the model is 0.148, with an adjusted R-Square of 0.145. Implying that 14.5% of the variations in athletes' recovery from injury can be accounted for by their use of traditional therapy when injured.

Table 5: Regression Coefficients for traditional therapy and athletes' recovery from injury

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
(Constant)	10.331	.994		10.388	.000
Traditional Therapy	.387	.055	.385	7.013	.000
Dependent Variable: Recovery from injury					

The table for regression coefficients indicates that the regression equation is given by; **(Recovery from injury = 10.331 + 0.387 x Traditional Therapy)**. Thus, when athletes receive traditional therapy when injured, their recovery from the injury is at 10.331, but when the use of

traditional therapy increases by one unit, their recovery from the injury increases by 0.387. This increase is significant at the 0.001 level of significance as shown by a p-value of 0.000.

Verifying Hypothesis

Ho: Traditional therapy has no significant effect on athlete’s recovery from injury.

Ha: Traditional therapy has a significant effect on athlete’s recovery from injury.

Table 6: ANOVA Table of traditional therapy and athletes’ recovery from injury

ANOVA ^a						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	317.086	1	317.086	49.182	.000 ^b
	Residual	1824.542	21	6.447		
	Total	2141.628	22			

a. Dependent Variable: **Recovery from Injury**
 b. Predictors: (Constant), **Traditional Therapy**

The ANOVA table shows that the F-value at a degree of freedom 22 = 49.182 with p = 0.000, p<0.05. This indicates that the test is significant at 0.01 level of significance, hence the null hypothesis (**Ho**) was rejected and the alternative hypothesis (**Ha**) retained. Therefore, it can be concluded that Traditional therapy has significant effect on athlete’s recovery from injury.

Table 7: Thematic Analysis of Interview Responses on Traditional Therapy and Athletes’ Recovery from Injury

Questioning theme	Response themes	Grounding	Sampled Quotations
What do you think about traditional therapy when you are injured?	Effective experience	4	“...physiotherapists helped in healing faster”, “...traditional therapy is reliable and effective in treating injuries too” “...good form of therapy, especially for athletes, as it helps in healing fast”, “...different types of treatments are available for injuries”, “...traditional therapy has helped countless times and is considered the best therapy for treating injuries” “...involves different types of therapies that have been beneficial in reducing pain and promoting healing” “...i have recommended the same treatment to friends, which has helped them heal”
	Poor experience	3	“...past experience with herbs was not good because it did not heal the injury”. “...also, it is recommended to see a doctor when injured rather than only relying on traditional therapy” “...traditional therapy is considered just imagination in treating injuries.” “...the individual has never used traditional therapy and prefers Western medicine.”

Based on information from Table 7, participants in the study expressed a range of perspectives on traditional therapy when it comes to injury recovery among athletes. Those who had positive experiences with traditional therapy highlighted its effectiveness in speeding up the healing process. They specifically mentioned the role of physiotherapists in facilitating faster recovery and emphasized the reliability and efficacy of traditional therapy in treating injuries. Participants noted that traditional therapy offers a variety of treatment options tailored to different types of injuries, with many attributing successful outcomes to this form of treatment. Some even went as far as recommending traditional therapy to their friends based on their positive experiences, underscoring the value they see in this approach for aiding in injury recovery.

Conversely, participants who had negative experiences with traditional therapy expressed doubts about its efficacy in treating injuries. One individual shared a disappointing experience with herbal remedies that did not lead to healing, casting doubt on the effectiveness of traditional therapies. Others advised seeking medical advice from doctors rather than solely relying on traditional therapy when injured, indicating a lack of confidence in its healing capabilities. Some participants viewed traditional therapy as a product of imagination rather than a legitimate form of treatment for injuries, with one individual expressing a preference for Western medicine over traditional therapy. These contrasting viewpoints highlight the varied perspectives individuals hold regarding the role of traditional therapy in supporting injury recovery among athletes.

CHAPTER FIVE

DISCUSSION OF FINDINGS

Traditional therapy has a significant effect on athlete's recovery from injury at 0.01 level of significance and 14.5% of the variations in athletes' recovery from injury can be accounted for by their use of traditional therapy such as herbal medicine leaves, herbal oil, and consulting traditional doctors for massage when injured.

This finding is in line with Francis et al. (2015) which insists that footballers admitted that injuries are effectively healed by traditional herbal approaches than clinical. Also, most athletes prefer traditional therapy because it is cheaper and less costly. Moreso, traditional therapy treats mostly injuries that are so complicated and it used various types of treatment to heal an injury. Furthermore, most of the athletes remain loyal to traditional therapy because most their teams do not have medical doctors, physiotherapists, and the herbalists are located mostly around their training pitch, where most of them stay and the athletes also believe in their culture which is why most of them preferred traditional therapy. Additionally, most athletes used traditional therapy because some of the friends had used it and recommended it to them. Again, it should also not be neglected that some of the athletes who had used traditional therapy insisted it should be used only when an athlete has visited the hospital and knows the nature of his injury and they should not depend solely on traditional therapy but on medical. Although traditional therapies are used to treat injuries the traditional healers also need to collaborate with health professionals in order to always have the best treatment of an injured athlete. Moreover, traditional therapy should not be underestimated in that it also cares some minor injuries and not only major injuries.

The result is also in synergy with Xiaoli et al. (2022) in which he found out that the incidence of waist injuries of sports dance athletes is directly proportional to the level of competition, the number of years of training, and the intensity of training.

Also, the use of traditional, Chinese medicine to treat postoperative complications has gradually been accepted by everyone terms of the re-habilitation of lumbar injuries after traditional Chinese medicine treatment, there is no unified syndrome classification of traditional Chinese medicine, and there is no unified standard of efficacy for Western medicine. So, is worthy of medical scholars' efforts to solve the problem.

Borrowing the advantages of traditional Chinese medicine to treat chronic diseases and difficult diseases conjunction with western medicine's targeted treatment of diseases and strengthening the exchange of traditional Chinese and Western medicine will make breakthrough progress in the treatment of waist injury rehabilitation, and make traditional Chinese medicines in operation.

Also, Traditional therapy still remains useful to some athletes and should not be sidelined since it's treatment helps a lot. Furthermore, shows that most of the athletes who under goes traditional therapy are mostly people of age 27 plus and youths of less than 23 years of age hardly goes for traditional therapy. Again, the traditional therapy was mostly with male and traditional therapy herbs heal for those who believe in it because if you don't believe then it won't heal you. The interviewee had a negative experience with herbal remedies in the past as they did not help heal their injury. They found that physiotherapy was more effective in speeding up the healing process and were advised by professionals to seek medical attention for injuries rather than relying on traditional remedies, which they viewed as ineffective. The interviewee emphasized the benefits of Western medicine and had never personally used traditional therapy.

On the other hand, the interviewee spoke highly of physiotherapy as a form of treatment, especially for athletes. They noted that it helped them heal quickly and offered a variety of effective treatments for injuries. The interviewee credited physiotherapy with helping them numerous times and considered it the best therapy for their injuries due to its diverse range of treatments. They also recommended this form of therapy to friends, who also experienced positive results in terms of pain reduction and faster healing.

Recommendations

Ensure that players receive prompt and appropriate treatment for their injuries to prevent further complications. Consider implementing alternative therapies such as acupuncture, massage, or hydrotherapy to complement traditional treatments and aid in the recovery process. Encourage players to actively participate in physical therapy sessions to help them regain strength, flexibility, and range of motion following an injury. Work closely with the team's physical therapist to ensure that the treatment plan is tailored to each player's specific needs and goals.

Consider incorporating regular massage therapy sessions into the players' recovery routine to help reduce muscle tension, improve circulation, and promote relaxation. Massage therapy can also help speed up the healing process and reduce the risk of muscle imbalances or compensations.

Monitor player progress Keep track of each player's response to physical therapy, massage therapy, and cryotherapy interventions to assess their effectiveness and make any necessary adjustments to the treatment plan. Regularly communicate with the therapists and players to ensure that everyone is on the same page regarding the recovery process.

Prioritize player well-being Make player health and safety a top priority by ensuring that they have access to the necessary resources and support for their recovery. Encourage open communication

between players, coaches, and medical staff to address any concerns or challenges that may arise during the rehabilitation process.

Encourage athletes to seek out traditional therapy options such as physical therapy, massage therapy, and cryotherapy as part of their recovery plan. Work closely with the therapists to develop a comprehensive treatment plan that addresses the specific needs of each athlete.

Emphasize the importance of consistent attendance and compliance with the therapy program to ensure optimal results.

Monitor the progress of the athletes in therapy and adjust their training and playing schedule accordingly to prevent re-injury.

Educate athletes on the benefits of traditional therapy and how it can help them recover faster and more effectively.

Consider incorporating therapy sessions into the team's regular training schedule to promote injury prevention and overall wellness.

Follow the advice of your healthcare provider before starting any type of therapy, it is important to consult with a healthcare provider to determine the best course of action for your specific injury or condition.

Be consistent with your therapy sessions regular and consistent therapy sessions are key to seeing progress and improvements in your recovery. Make sure to attend all scheduled appointments and follow through with any at-home exercises or treatments.

Communicate with your therapist: Be open and honest with your therapist about your progress, any changes in your symptoms, and how you are feeling during and after each session. This will help them tailor the treatment plan to best suit your needs.

Conclusion

Firstly, based on policy this study has proved that, there is need to make use of perhaps not only the western medicine in treating injury players, but they can also make use of other therapies such as traditional therapy. Secondly, based on practice, furthermore, it has been proven that from every indication Team manager, Coaches, Players and the teams have to be aware of the need to engage different types of therapies in treating players so that they will recover faster. Thirdly, theoretically, the study has been able to use some theories to relate them to issues of rehabilitation and players recovery from injury within the context of Elite One and Elite Two Clubs in Bamenda.

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