

The Effect of a Hydrotherapy Program Accompanied by an Ultrasound Device and Massage in Improving Pain and Restriction of the Cervical Region in Female Tennis Players in Basra Governorate

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Abstract

The importance of this research lies in developing a hydrotherapy program to treat cervical pain, strengthen neck muscles, and improve the range of motion in the cervical region for female tennis players. Water-based training contributes to the improvement of key physical variables such as balance, flexibility, and muscular strength. The problem of the research is that athletes generally engage in high-intensity training and competitive matches. Whether they suffer from injuries or not, they require rehabilitation programs for recovery and returning to peak physical condition. The research aims to develop a hydrotherapy program incorporating ultrasound therapy and massage to enhance the muscular strength of the cervical region and improve its range of motion. The experimental method was applied to a sample of female tennis players from Al-Shabab Basra Club. Key Findings: The proposed hydrotherapy program, as part of an integrated rehabilitation approach, had a positive impact on pain reduction, increased cervical muscle strength, and improved range of motion. The researchers emphasize the importance of adopting hydrotherapy programs for the rehabilitation of the upper body in athletes. and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Quality Education)