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**USE OF COMPLEMENTARY AND ALTERNATIVE TREATMENT METHODS IN NATIONAL
WRESTLERS: A PHENOMENOLOGICAL ANALYSIS**

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Abstract

This study is complementary and alternative treatments of Turkey Wrestling National Team athletes and how it is perceived by Turkey Wrestling National Team athletes were made to determine what their perspectives on this method. Phenomenological design, one of the qualitative research methods, was used in the study. The study group in Turkey Wrestling National Team athletes constitute four male athletes. A semi-structured interview form was used to collect data in the study. Content analysis method was used in the analysis of the collected data and it was interpreted using quotations within the framework of the questions determined before. According to the findings, which complementary and alternative treatment methods are used, which of these methods are known, by whom these methods are accessed and under what conditions they are used in 4 categories are given in tables. While it turns out that the most used complementary and alternative treatment method is acupuncture, we see that athletes are aware of these methods thanks to physiotherapists and their friends. In addition, it has been revealed that the treatments that athletes are most familiar with are medical leech therapy, ozone therapy and acupuncture. Athletes consider these treatments as a complement to medical treatments and continue these treatments in the presence of expert physiotherapists. One of the suggestions made as a result of the research is that athletes can be informed about complementary and alternative treatment methods by experts through seminars and conferences.

Keywords: Complementary, Treatment Methods, Wrestlers, Sports injuries.

INTRODUCTION

Wrestling requires a combination of various functionalities; It is a branch of sports that consists of different weights and styles in which motor features such as power, endurance, speed, strength, technique, tactical, mobility, ability and reaction speed are combined (Akyüz, 2009). In other words, it is a physical activity that occurs as a result of combining physical strength and techniques that are the most effective way to use it. Wrestling has a place in the historical periods of different cultures in most of the world; It has a great prevalence as a sport branch that has continued its existence since the beginning of the Olympics until today (Öcal, 2007).

As in all sports branches, the risk of injury due to personal and environmental factors is very high in wrestling. Sports injuries are a condition that occurs as a result of exceeding the endurance limit of tissues due to the excessive strength of the body during sports activities (training, competition) (Kalyon, Sports Medicine, Athlete Health and Sports Injuries, 1995). In studies conducted in our country, it is known that the sports branches where injuries are most common are 10% football, 6.0% wrestling, 3.0% handball and boxing, 1.0% track and field and 0.5% skiing (Kalyon, 2000; Sakallı, 2008). Correct diagnosis and treatment; It is very important in terms of minimizing sports injuries and for athletes to regain their health in a short time. Athletes who regain their health can regain their previous successes (Kılıç, Yücel, Gümüşdağ, Kartal, & Korkmaz, 2014).

In recent years, as a result of research and discussions by international organizations, especially WHO, it has been stated that it can be an alternative to treatment, not medicine, and the concept of traditional and complementary medicine has been used instead of alternative medicine. Names such as folk medicine, natural medicine, folkloric medicine, holistic medicine, supportive medicine and integrative medicine are also used in different countries (Mollahaliloğlu, Kalaycı, Uğurlu, & Öztaş, 2015). The World Health Organization defines traditional medicine as “the body of knowledge, skills and practices that can or cannot be explained based on theories, beliefs and experiences specific to different cultures in the prevention, diagnosis, treatment, protection and improvement of health of physical and mental diseases”. Complementary / alternative / unconventional medicine terms are used interchangeably with traditional medicine in many countries (Barton, Mitcham, & Tsourou, 2002).

Considering the reasons of preferring Traditional and Complementary Medicine (GETAT), chronic, psychiatric and life-related diseases and patients who are at the stage of losing their life functions are seen as a hope, the desire to have control over the treatment of patients, to be compatible with the cultures of societies and easily accessible, The reasons such as having less analysis and testing procedures, establishing weak relationships with healthcare professionals, and GETAT practitioners allocating more time to the patient are shown (Karahancı, Öztoprak, Ersoy, Ünsal, Hayırlıdağ, & Büken, 2015; Ernst, 2000).

Turkey's traditional and complementary medicine

Traditional and Complementary Medicine Practices:

T.R. 15 methods / practices that can be performed with a certificate are counted in the “Regulation on Traditional and Complementary Medicine Practices” published by the Ministry of Health in October 2014. These; Acupuncture, Apitherapy, Phytotherapy, Hypnosis, Leech therapy, Homeopathy, Chiropractic, Cup application, Larva therapy, Mesotepari, Prolotherapy, Osteopathy Ozone therapy, Reflexology and Music Therapy. The authority of the applications is according to the regulation; It was given to physicians and dental practitioners who received a practice certificate in the relevant field by the Ministry of Health. It was emphasized that dentists can only practice in their own fields. Healthcare professionals are assigned to assist physicians in practice (Regulation for Traditional and Complementary Medicine Practices, 2014).

1-ACUPUNCTURE

Acupuncture, which has a history of more than 2000 years and is an important part of traditional Chinese medicine, is used in the world's oldest and most common medical applications, defines acupuncture as the stimulation of special points in the body with needles or other stimulating methods (Statement, 2004).

2- APITHERAPY

Apitherapy; It is the use of bee products such as honey, pollen, royal jelly, propolis, bee venom for support and treatment in order to protect health, prevent and cure disease (Çelik & Aşgun, 2016).

3-PHYTHOTHERAPY

Phytotherapy consists of combining the words phyton = plant and therapeia = serving, healing, treating, and is used in the sense of herbal therapy. The first French physician to use the word phytotherapy was Henri Leclerc (1870-1955). Today, the plants used in phytotherapy applications are called “medicinal or medicinal plants” (Çubukçu, Sarıyar, Meriçli, Sütlüpınar, Mat, & Meriçli, 2002).

4-HYPNOSIS

Hypnosis is the manipulation of a person's subconscious in an inner journey. It is a psychic condition in which individual supervision continues and cognitive functions remain open, and the individual takes responsibility for his own treatment by voluntarily and willingly participating in suggestions and directions made by a therapist (Taştan & Set, 2012; Elkins & Barabasz, 2015).

5-MEDICAL LEECH TREATMENT

Leech secretions contain a large number of particulate proteins with different properties. It is the application made by leaving a sterile leech on certain points on the skin. There are a large number of particulate proteins with different properties in leech secretions. In leech treatment (Hirudotherapy), various biological properties of these proteins are utilized. The mechanisms of action of these proteins that can be identified include inhibition of platelet functions, anticoagulant effect, acceleration of blood flow, antimicrobial activity, extracellular matrix destruction, analgesic and antiinflammatory effects (Houschyar, et al., 2015).

6-HOMEOPATHY

It is a holistic application method that stimulates the recovery of the body with homeopathic medicines specific to the individual (Regulation of Traditional and Complementary Medicine Practices, 2014).

7-CHERROPRACTIC

It includes techniques for the diagnosis and treatment of the nervous-musculoskeletal systems and the specific focus on subluxation (dislocation and non-fractured normal joint), correcting the pathological joint biomechanics and allowing the body to recover naturally. The aim of all interventions is to restore the articular relationship and function of the vertebrae, restore the integrity of the nervous system neurologically and reduce the stress that occurs in the body. The manipulation technique used in chiropractic is the HVLA pushing technique using a short lever arm on the segment that is required and only to be intervened (Haldeman, 2005).

8-CUP APPLICATION

It is a dry cupping and wet cupping method applied by creating negative pressure on the skin. Apart from 2 basic applications, there are many other cup application methods. Moving mug, Needle mug, Water mug, Hot mug and Herbal mug are some other mug application types (Okumuř, 2016).

9- APPLICATION OF LARVA

It is an application performed by using sterile larvae of *Lucilia (Phaenicia) sericata* for biodebridement in chronic wounds (Regulation for Traditional and Complementary Medicine Practices, 2014).

10-MESOTHERAPY

Mesotherapy is a treatment method that stimulates the mesoderm by injecting herbal and pharmacological drugs into the subcutaneous and subcutaneous skin originating from the mesoderm (Demir, Yavuzer, & Özmen, 2005).

11-PROLOTHERAPY

Prolotherapy is defined as “rehabilitation of insufficient or damaged structures such as ligaments or tendons by inducing new cell formation” or “Application of special solutions to tendons, ligaments and joints that have lost their functionality” (Mayer, Haldeman, & Borg-Stein, 2008).

12-OSTEOPATHY

According to the World Health Organization (WHO), osteopathy is a complementary and alternative medicine science that uses manual techniques for diagnosis and treatment that ensure the effectiveness of the system in various conditions (such as musculoskeletal system and gastrointestinal complaints) (Guillaud, Darbois, Monvoisin, & Pinsault, 2018).

13-OZONE APPLICATION

It is the application method where ozone-oxygen mixture is used locally or systemically. Ozone is a chemical compound made up of three oxygen atoms. Ozone molecule is not stable. Its medical form is always prepared at the workplace and applied immediately (Viebahn Haensler, 2005).

14-REFLEXOLOGY

It is defined by the International Reflexology Institute as “a technique that helps normalize body functions, applied manually to reflex points in hands, feet and ears associated with all glands, organs and body parts”. These are the applications that usually activate the guiding reflex areas of the organs and glands by applying pressure to the sole of the foot. Feet are widely preferred in reflexology (Tabur & Bařaran, 2009; Dođan, 2015).

15-MUSIC THERAPY

These are clinical and evidence-based practices where music and music practices are used by a professional qualified in music therapy (Regulation for Traditional and Complementary Medicine Practices, 2014).

METHOD

Research Design

The phenomenology design was used in this study, which aims to reveal the perceptions of national wrestlers about complementary and alternative treatment methods. Phenomenology examines human experiences created by this reality in order to understand social reality. For this purpose, the experiences of the person regarding the phenomenon are questioned (Ersoy, 2016). This research terms make sense of people's behavior in the pattern, savunularak the person's personality of the specific perception to be known and lifestyle, it will focus on awareness owned but about detailed knowledge of the unsubscribed cases (Creswell, 2015). Phenomenology takes the subject under investigation as a part of life rather than being an abstract concept and tries to explain this situation. In other words, in order to work on the specified situation, people's experiences, lives and perspectives regarding this situation are used (Giorgi & Giorgi, 2003). In line with this approach, the current situation of using complementary and alternative treatment methods according to national wrestlers has been tried to be described.

Working group

In this study the research group, located in Turkey constitutes Wrestling National Team 4 male athletes. While creating the research group, attention was paid to the selection of wrestlers who can express themselves. While determining the individuals participating in the study, the criterion sampling was used because the individuals with certain characteristics were interviewed. In order to get an answer to the research problem, two criteria were determined while selecting the participants. The first of these to be participants in the National Wrestling Team Turkey, while the latter is using one or several of complementary and alternative therapies. Participants consist of wrestlers selected on a voluntary basis and in accordance with certain criteria. All participating wrestlers are men. In the reporting part of the research findings, code names (G1, G2, G3, G4) were used to keep the identity of the participants confidential..

Data Collection and Analysis

Individual in-depth interview method was used to obtain data. This method is frequently preferred in phenomenological studies in order to reveal the unique perspectives of the participants on a particular subject (Pietkiewicz & Smith, 2014). In the research, semi-structured interview form was used to determine the use of complementary and alternative treatment methods of national wrestlers. The interview form was developed by the researchers and consists of 4 questions. In order to ensure the validity of the scope and appearance of the interview form, expert opinion was consulted and subsequently necessary changes were made on the form. One of the researchers made a pre-application to test the understandability of the form. The interview form was also made ready for the main application in terms of language. During the interviews, the following questions were asked to the athletes.

1. Which of these treatment methods do you know?
2. Which complementary and alternative treatment methods do you use?
3. Who suggested or in what way did you discover this method?
4. Under what conditions do you use these treatment methods?

The content of the questions in the semi-structured interview form was predetermined and notified to the athletes, and face-to-face interviews were made using video conferencing, by reaching the athletes via telephone and e-mail. The interviews were recorded with the consent of the participants. The interviews were held between 11.03.2020 - 09.05.2020. The average of the interviews was 25 minutes and lasted 100 minutes in total. The video recordings taken after the interviews were deciphered exactly. Content analysis method was used in the analysis of the collected data and it was interpreted using quotations within the framework of the questions determined before.

In qualitative research, there are important elements such as determining the main, centrally important concepts in the integrity of data, not making explanations based on only one element, linking the created categories with each other in a logical and coherent manner, basing the analyzes on the associated categories, and refraining from choosing extreme explanations (Kümbetoğlu, 2008). In addition, it is essential for the participants to be composed of people who can provide information transfer from different angles related to the field as much as possible, and to report the obtained data and data collection process in detail (Yıldırım & Şimşek, 2018). In this study, attention was paid to all of these elements to ensure validity. For the validity and reliability study of the study, different methods such as peer assessment, applying for expert opinion, and giving direct quotation were used.

RESULTS

The findings were analyzed within the framework of the questions that were sought in line with the purpose of the research. Turkey participated in the negotiations in this chapter Wrestling National Team athletes in the 4 complementary and alternative treatment methods and attitudes towards the opinions are presented. It is generally preferred to use complementary and alternative treatment methods in line with the data obtained. The obtained data were divided into themes and presented in the form of tables.

Table 1. Known Complementary and Alternative Treatment Methods

ATHLETES	ANSWERS
G1	“I know the medical leech therapy, ozone therapy, acupuncture, chiropractic treatment methods among these treatments.”
G2	“I know acupuncture, phytotherapy, prolotherapy, ozone therapy, medical leech therapies among alternative treatment methods.”
G3	“I am aware of medical leech, ozone therapy and acupuncture methods.”
G4	“I’ve heard about acupuncture, mesotherapy, ozone therapy and medical leech therapies before, but I don’t use all of them.”

The first question we asked to the volunteer participants was ‘ ‘ Which complementary and alternative treatment methods do you know or have heard of? ‘ ‘ And as seen in Table.1, it is seen that medical leech therapy, acupuncture and ozone therapy have the most known methods.

Table 2. Complementary and Alternative Treatment Methods Used

ATHLETES	ANSWERS
G1	“I have used medical leech therapy and acupuncture methods, I have not used any of the other treatment methods”
G2	“I used acupuncture, ozone therapy and prolotherapy methods.”
G3	“Acupuncture and medical leech therapy methods I use do not have any experience with others.”
G4	“I have used acupuncture and ozone therapy among complementary treatments, I have not used other methods before.”

The answers to the question of “Which of the complementary and alternative treatment methods or which are you using?” Are given in Table.2. Accordingly, it is seen that the most preferred method is acupuncture.

Table 3. Discovering Complementary and Alternative Treatment Methods

ATHLETES	ANSWERS
G1	“I heard about leech therapy in my masseur and athlete friends in our club, and acupuncture was recommended by our sports physician.”
G2	“I have my own physiotherapist, I use the treatments he deems appropriate, as well as the treatment methods we hear from our athletes and trainers.”
G3	“There are methods suggested by the physiotherapist, we apply them, but thanks to our trainers, masseurs and athletes, we are aware of these methods.”
G4	“I met these methods through my trainer and physiotherapist, but we hear from our fellow athletes.”

In Table.3, there are answers given to the question “From whom or in what way did you learn complementary and alternative treatment methods?” The most learning is thanks to fellow athletes and physical therapists.

Table 4. Complementary and Alternative Treatment Methods Terms of Use

ATHLETES	ANSWERS
G1	“If my pain lasts more than a week and it is very intense, I start leech treatment immediately, and the most important factor in this is that the leech should find the painful area immediately and start treatment.”
G2	“I use it as a complement to medical treatments in case of injury.”
G3	“If I have severe pain and my physiotherapist deems appropriate, I use the methods approved by my physiotherapist again.”
G4	“We generally use such methods as a continuation of the treatment for disability.”

We see the answer to the question “Under what conditions do you use complementary and alternative treatment methods?” In Table.4. The most common discourse is that we use it as a continuation of the treatment of disabilities.

DISCUSSION AND CONCLUSION

Turkey Wrestling National Team athletes of complementary and we aim to identify thoughts with phenomenological approach towards the use of alternative treatments has brought several important findings of this study before us. The first of the striking results is that the most commonly used complementary and alternative treatment method is acupuncture.

The most striking finding of the study is that athletes meet these methods through physiotherapists and apply these methods under the supervision of physiotherapists. When we come to another conclusion, it is remarkable that medical leech therapy, acupuncture and ozone therapy are widely known. Athletes see these methods as a continuation of medical treatments and receive these treatment services by experts.

This study sets an example in terms of not finding such a study in the literature.

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