

Method of Sports Rehabilitation Based on the Concept of Urban Sports Culture

Qingyuan Li^{1,a}, Junwei Zhang^{1,b}, Mengxin Qi^{1,c}, Taifu Hou^{2,d}

¹Wushu College, Henan University, Kaifeng, Henan, China

²Wushu College, Henan University, Kyungil University, Qingshan, South Korea

^a18939479639@163.com, ^b2366608242@qq.com, ^c2321527502@qq.com, ^d596715998@qq.com

*Corresponding author

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Abstract: The concept of urban sports culture is an important content of urban sports. The combination of the concept of urban sports culture and the method of sports rehabilitation can give full play to the synergistic effect between the two, and is conducive to the effective integration of the two. This article starts from the basic overview of the concept of urban sports culture and the method of sports rehabilitation, and analyzes the inner relationship between the two. And on this basis, this paper discusses in detail the sports rehabilitation exercise method under the concept of urban sports culture and its significance in the development of modern cities, in order to provide some reference for the development of Chinese urban sports culture. The results of actual measurement and analysis show that the shortest rehabilitation period of the sports rehabilitation exercise method based on the concept of urban sports culture can reach 4.3 months.

1. Introduction

Health is the foundation of the development of human society and an important symbol of the all-round development of human beings. In the field of sports, health and culture are closely related, and health and culture are also a kind of productivity. Culture affects health, and health in turn promotes the development of culture. As an important symbol of the progress of human society and the development of civilization, sports culture has gradually been recognized by people for its social functions. As a way of life, sports culture plays an important role in people's life.

In recent years, many excellent scholars have done sufficient research on rehabilitative exercise. Among them, MacKay-Lyons Marilyn's study found that preventive treatment had less than expected effect on reducing vascular risk factors. This may be due to the fact that some outcome variables are close to the standard baseline level, and the intensity of exercise is not ideal. More research is needed to clarify when to exercise and provide relevant education to reduce secondary stroke risk factors[1]. The purpose of Zhou Shuyuan is to improve the quality of life of patients through early rehabilitation treatment combined with continuous physical exercise for stroke patients with hemiplegia. His research results show that clinically, through early rehabilitation care and continuous exercise guidance training for hemiplegic patients, the patient's nerve and motor ability can be effectively improved. In addition, it can also improve the patient's quality of life,

improve patient care compliance, it is worthy of promotion and application [2]. Lin Shiyong discussed the effect and application value of college students' physical training in ordinary colleges and universities by comparing experimental methods. The results showed that after 12 weeks of the experimental intervention, the experimental group of athletes who received rehabilitative physical training had higher physical performance and a lower risk of injury than the control group that did not receive rehabilitative physical training [3]. Wang Jianzhuang used the research on the current situation of taekwondo sports injuries to clarify the location and type characteristics of the injuries, and combined with their special characteristics to form a series of rehabilitation training intervention programs. The purpose is to improve the safety and scientificity of taekwondo training, so as to effectively prevent athletes from sports injuries during training, thereby improving the professional sports quality of athletes [4]. After observing the effect of active exercise rehabilitation training intervention on functional exercise compliance and motor function of patients with cerebral infarction, Jing Yanli came to the following conclusions: active exercise rehabilitation training applied to patients with cerebral infarction can effectively improve patients' functional exercise compliance and improve patients' exercise and balance functions [5]. Although the above-mentioned scholars and experts have thoroughly researched on rehabilitative exercise, there are still some deficiencies.

In recent years, with the continuous acceleration of China's urbanization process, Chinese urban residents have also entered a new period of development. With the continuous improvement of the number and quality of the urban population, people began to have a new understanding of sports. However, at present, the traditional Chinese sports activities are too single, boring, lack of interest and lack of cultural connotation and other prominent problems, which cannot meet the diversified and high-level sports culture needs of modern people. Therefore, under the background of the new era, how to play the positive role of sports culture in urban development has become a hot issue that people from all walks of life pay close attention to and discuss. This article studies the method of physical rehabilitation exercise based on the concept of urban sports culture, starting from the concept point of view, then analyzes the significance and main principles of the combination of the two, and finally conducts an actual measurement analysis of the proposed method.

2. Concept of Urban Sports Culture

The concept of urban sports culture is a new idea and idea of sports development. It takes the city as the carrier and platform, organically combines sports and urban spirit, takes people as the center, and takes the needs of urban residents as the starting point. It uses various means to cultivate and shape the health, spirit and lifestyle of urban residents, improve citizens' awareness and understanding of sports culture, and enhance their interest in and participation in sports activities [6-7]. At the same time, urban residents are taken as the main body to participate in the group, so that sports can be linked with the overall development of people, and become an important force to promote urban economic development and improve the quality of life of urban residents. This concept has been widely recognized by more and more city governments, sports administrative departments, research institutions and other personnel [8-9].

As far as urban sports elements are concerned, they are formed and constructed along with the emergence of human society. Therefore, no matter what form it has, it is man-made, and it is a manifestation of human behavior and will, and culture is an inevitability that resides in this behavior. In addition, because urban sports elements appear in the form of a cultural product after all, its cultural characteristics will also permeate into other characteristics [10-11]. The cultural attributes of urban sports elements are finally reflected in four levels: material culture, institutional culture, behavioral culture, and spiritual culture. The overall framework is shown in Figure 1.

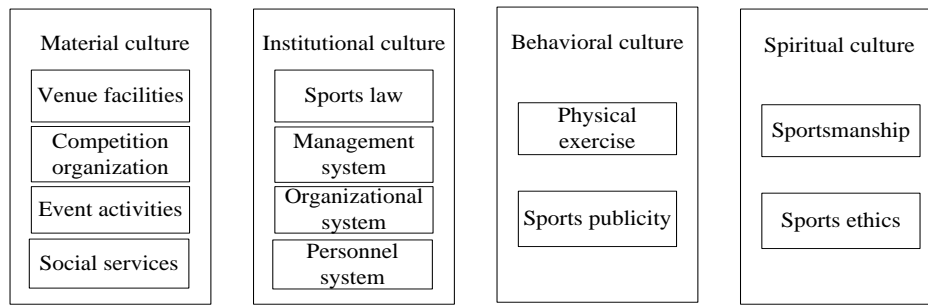


Figure 1: Urban sports culture

At the level of material culture, it mainly includes material cultural elements such as venue facilities, competition organizations, competition activities, and social services; at the level of institutional culture, it mainly includes institutional cultural elements such as sports regulations, management systems, organizational systems, and personnel systems; at the level of behavioral culture, it mainly includes behavioral cultural elements such as physical exercise and sports propaganda; at the level of spiritual culture, it mainly includes spiritual cultural elements such as sportsmanship and sportsmanship. In addition, as a material form, urban sports elements are replicable and replaceable [12]. This requires continuous innovation and development of urban sports elements in the process of urban development.

In the period of China's social and economic transformation, in order to promote the adjustment and upgrading of industrial structure, take the road of new industrialization, and promote the sustainable and healthy development of the national economy, it is necessary to focus on improving the quality of economic growth and enhance the independent innovation capabilities and international competitiveness of enterprises. Therefore, at the national level, China must continue to develop new industries and new products on the basis of continuing to strengthen the technological transformation of traditional industries, improving product quality and optimizing the industrial structure. In this process, the upgrading of industrial structure will trigger the transformation of China's economic development model from labor-intensive to capital-intensive. This requires China to actively use domestic and foreign resources and markets to promote the upgrading of the industrial structure [13-14].

3. Physical Rehabilitation Exercise Method

Physical rehabilitation exercise methods refer to the exercise methods aimed at physical rehabilitation and aimed at eliminating or alleviating patients' pain symptoms, and generally include the following categories [15]:

- (1) Relaxation exercise: the purpose is to relieve muscle tension, relax muscle fascia tissue, and relieve muscle pain;
- (2) Targeted exercise: the purpose is to perform functional training on the painful area and local muscle groups;
- (3) Progressive exercise: the purpose is to gradually increase the amount of exercise to achieve the effect of pain relief.

This type of exercise method mainly includes the following aspects [16]:

Muscle stretching exercise: the purpose is to release tense muscles through stretching to achieve the effect of pain relief.

Joint mobilization exercise: the purpose is to relieve pain by increasing the range of motion of the joint.

Balance training: the purpose is to coordinate the movement of the whole body to achieve the

effect of balancing the painful parts.

Relaxation training: the aim is to relieve tension in the painful area through slow, rhythmic relaxation exercises.

Kinesio taping auxiliary therapy: the purpose is to apply Kinesio Taping adjuvant therapy in clinical treatment to achieve the effect of local analgesia.

Psychotherapy: it is mainly used to treat diseases or symptoms other than pain, such as anxiety and depression.

Acupuncture therapy: mainly used to treat chronic pain, such as chronic pain in the back, neck, shoulder joints and other parts.

Drug therapy: it is mainly used to relieve pain symptoms. However, drug therapy is only an adjuvant treatment in reducing symptoms, and cannot completely relieve or eliminate the patient's pain symptoms.

Physiotherapy or physical factor therapy can not only relieve symptoms, but also improve body function and enhance the body's tolerance to various stimuli, and promote disease recovery.

4. The Significance of Physical Rehabilitation Exercise Methods in the Development of Modern Cities

Urban sports culture is a comprehensive culture. Its formation and development cannot be separated from the progress and development of urban economy, and it is also influenced by people's sports awareness and values. In the context of China's accelerating urbanization process, more and more people choose to live in cities, which puts forward higher requirements for the construction of urban sports culture. In order to better meet people's increasing sports needs and realize the harmony and unity of urban sports culture and urban economic development, it is necessary to effectively adjust the relationship between the two to promote the sustainable development of urban economic society.

Judging from the reality, most urban residents in China do not have a relatively complete concept and awareness of sports culture. This makes them prone to some bad behaviors when they participate in sports activities, such as lack of correct awareness of physical exercise, lack of scientific exercise concept, lack of reasonable and healthy lifestyle, etc. These behaviors will not only adversely affect people's own health, but also cause great obstacles to urban development. However, if the method of sports rehabilitation is combined with the concept of urban sports culture, the above problems can be effectively alleviated, and it will help to improve the physical health of urban residents. At the same time, in the process of modern urban development, people pay more attention to the construction of sports culture [17]. With the continuous improvement of people's attention to physical health, higher requirements are also put forward for sports rehabilitation methods. In this case, the combination of the concept of urban sports culture and the method of sports rehabilitation can provide people with more abundant and diverse sports items and methods, and help them better achieve healthy development. Moreover, the combination of the two can provide people with more comprehensive and systematic sports methods and methods to a certain extent, which is conducive to helping people achieve all-round development goals.

In recent years, the quality of life and living standards of urban residents in China have been significantly improved, and residents' awareness of fitness has become stronger and stronger, which plays an important role in promoting the healthy development of urban residents. The health status of urban residents is directly related to their quality of life and level. Therefore, in order to improve the health level of urban residents, it is necessary to strengthen the physical exercise of urban residents. However, due to various reasons, many urban residents do not realize the importance of physical exercise, especially in the process of modern urban development, their awareness of health

awareness is relatively low. Moreover, because urban residents are facing greater life pressure in their lives, their body and mind are under tremendous pressure, which leads to serious problems in their physical condition. If it is not effectively alleviated and treated for a long time, it will have a serious impact on its physical and mental health. Therefore, urban residents must strengthen the use of physical exercise and physical rehabilitation exercise methods in their daily life, so as to better adapt to the development requirements of modern society. For example: physical rehabilitation exercise methods can stimulate the human body to a certain extent, and promote the improvement of human blood circulation and metabolism. At the same time, it can actively stimulate and exercise the skin, muscles and bones of the human body, so that the human body can be significantly improved in a short period of time. In addition, sports rehabilitation exercise methods can also regulate and improve people's psychology well. Therefore, sports rehabilitation exercise methods can bring people a more comfortable exercise experience and feeling to a certain extent. However, due to the high work pressure and tense pace of life of modern urban residents, it is difficult for them to apply physical rehabilitation exercise methods. Therefore, in the future development process, it is necessary to strengthen the application and promotion of physical rehabilitation exercise methods, so as to better promote people's healthy development [18].

5. The Main Principles of the Application of Sports Rehabilitation Exercise Methods in the Physical Exercise of Urban Residents

The sports rehabilitation exercise method under the concept of urban sports culture mainly integrates the sports rehabilitation exercise method into the physical exercise of urban residents, which can effectively promote the improvement of residents' physical fitness. Therefore, the following basic principles must be followed when applying physical rehabilitation methods [19]: the first is to insist on people-oriented. When applying physical rehabilitation exercise methods, we must fully consider the physical health of residents, and try to combine physical rehabilitation exercise methods with the improvement of residents' physical fitness.

The second is to adhere to the principle of gradual and orderly progress. When applying physical rehabilitation exercise methods, we must adhere to the principle of gradual and orderly progress, formulate exercise plans reasonably according to the actual situation of residents' physical fitness improvement, and gradually increase exercise volume and exercise intensity, and do not rush for success.

The third is to adhere to the principle of doing according to our ability. When applying physical rehabilitation exercise methods, we must adhere to the principle of doing what we can, make a reasonable exercise plan according to our own physical condition, and do not exercise blindly.

With the continuous improvement of people's living standards, people pay more and more attention to their health. Therefore, when applying physical rehabilitation exercise methods, it is necessary to formulate a reasonable exercise plan based on the physical condition of the residents and according to the physical fitness level of the residents. For some people with strong physical rehabilitation ability, the amount and intensity of exercise can be appropriately increased, while for those with poor physical fitness, they should focus on ensuring their own health and avoid excessive physical rehabilitation exercise. At the same time, it should also be noted that when formulating a sports rehabilitation exercise plan, it must conform to the physical endurance of the residents.

The physical health status of urban residents is closely related to their personal physique. Therefore, when applying physical rehabilitation exercise methods, it must be adjusted and optimized according to the actual physical fitness of residents, and exercise should not be carried out blindly to avoid adverse effects. For example, urban residents with good physical fitness can

appropriately increase the amount and intensity of exercise to improve their own exercise ability; urban residents with poor physical fitness can appropriately reduce the amount and intensity of exercise to effectively reduce the damage to the body. At the same time, it should be noted that the good physical fitness of urban residents does not mean that the ideal effect can be achieved when the specific application of physical rehabilitation exercise methods [20].

6. Measurement and Analysis of Physical Rehabilitation Exercise Methods Based on the Concept of Urban Sports Culture

At the end of the article, the actual measurement and analysis of the effect of the rehabilitation exercise method was carried out. First, the exercise ability of 5 subjects after one month of rehabilitation exercise was analyzed. The results are shown in Figure 2.

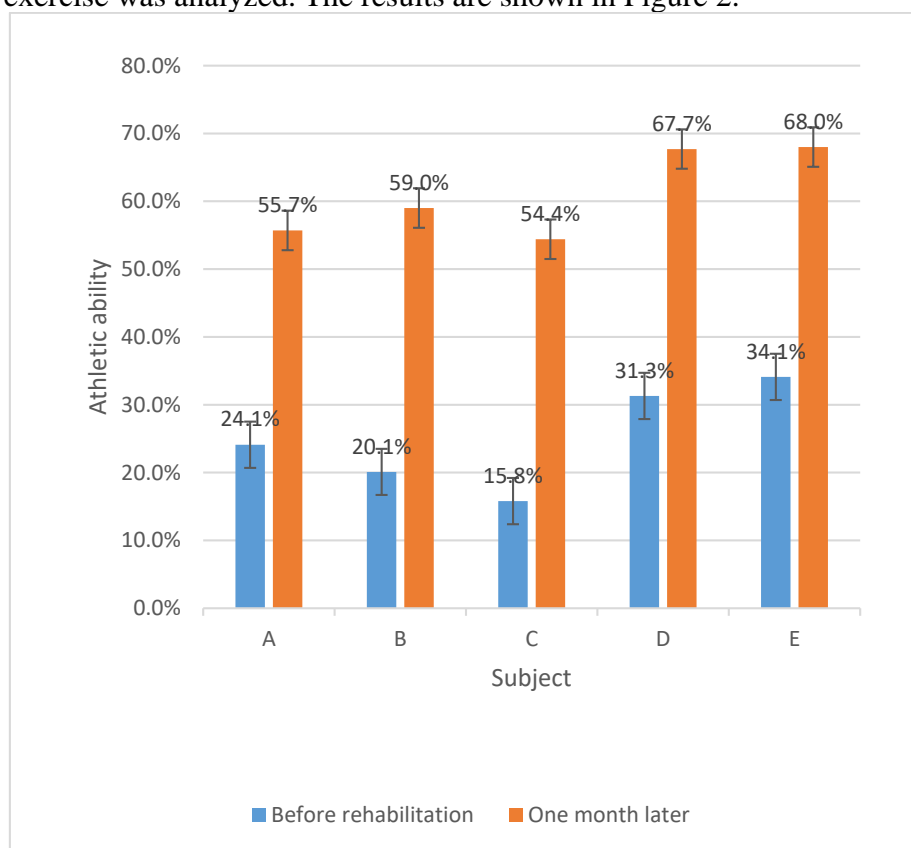


Figure 2: Athletic capacity

Through the observation of Figure 2, it can be found that subject B has the strongest resilience. Within one month, the exercise ability increased from 20.1% to 59%, with an increase rate of 38.9%. Subject C was second, and the exercise ability increased from 15.8% to 54.4% within one month, with an increase rate of 38.6%. In the second step, the general rehabilitation method and the method proposed in the article were compared and analyzed from the perspective of the period required for rehabilitation. The results are shown in Figure 3.

It can be seen from Figure 3 that among the five subjects who used the general rehabilitation method, the rehabilitation period of D was the shortest, taking 10.5 months. B had the longest recovery period, taking 17.4 months, and the average recovery period of the five subjects was 13.9 months. Looking at the five subjects who used the rehabilitation method based on the concept of urban sports culture, the rehabilitation period of C was the shortest, taking 4.3 months, and the rehabilitation period of A was the longest, taking 6.7 months. The average rehabilitation period of

the five subjects was 5.42 months. It can be seen that the use of rehabilitation methods based on the concept of urban sports culture can effectively shorten the rehabilitation cycle of patients. Finally, the article conducted a questionnaire for the method used, and the objects of the survey were the hospitals of the five subjects mentioned above. The results are shown in Figure 4.

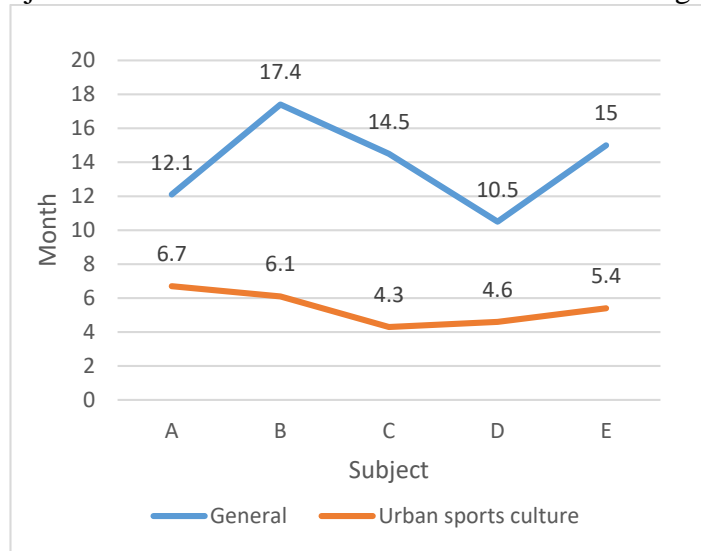


Figure 3: The recovery cycle

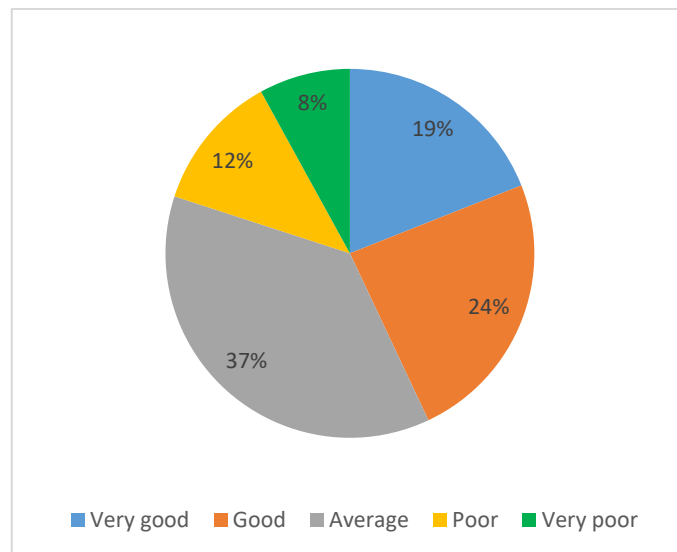


Figure 4: Questionnaire results

It can be seen from Figure 4 that although 43% of the people hold "good" and above evaluations, 20% of the people still hold "poor" and below evaluations, which shows that the method used in the article is still insufficient in some aspects.

7. Conclusions

To sum up, urban sports culture is a culture with distinctive characteristics formed in the process of urban development, which is of great significance to urban development. In the development of Chinese cities, there is an inseparable relationship between sports culture and rehabilitation sports methods, and sports rehabilitation sports methods can promote the formation and development of urban sports culture. In the process of urban development, we must pay attention to the role and

value of sports rehabilitation sports methods, so that they can better promote the formation and development of Chinese urban sports culture. This article conducts relevant research based on the sports rehabilitation exercise method under the concept of urban sports culture, starts with the internal connection between the two, and analyzes the internal connection between the two in detail. And on this basis, this paper analyzes the significance of the research on sports rehabilitation methods under the concept of urban sports culture, in order to provide some reference for the development of Chinese urban sports culture.

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