Currently there are several disciplines and sciences that revolve around sports. Without the risk of failing to mention them all, a few examples are: Engineering and Design, Automotive, sports material production, institutional endorsements for sports, Political Sciences, Psychology, Anthropology, Orthopaedics, Sports Medicine, Nutrition, Traumatology, Surgery, Sports Rehabilitation and Physiotherapy, among others.

This last health science, Physiotherapy, is backed by scientific evidence and international recognition in the prevention of and rehabilitation from sports injuries. It is within this area that it is necessary to identify the need to protect clinical documents within the current legal framework.

The World Health Organization (1958) defines Physiotherapy as “the art and the science of treatment by means of physical exercise, heat, cold, light, water, massage and electricity.”

If we are to speak about sports rehabilitation and its records, we first must understand what the term health means. Salleras (1985) defines it as: “Achieving the highest level of physical, mental and social well-being, and ability to function as allowed by the social factors in which the individual and collective is immersed.” It is here where health is recognised as a dynamic concept, in other words, something that changes and evolves with time.

There are some determining factors that condition the balance of health and that can be grouped into two factors. Some are internal factors: genetics and aging. Some are external factors: physical (climate, geography), social (work, family, culture, lifestyle), environmental-biochemical (food, contaminants, water) and political (health care services, hospitals) (OMS, 2007). **Figure 1.**

![Figure 1. Balance and imbalance between factors affect health. Image created by the author.](image)

The determinant that most influences the state of health is lifestyle, and yet it is modifiable. It is important to do physical activity to improve health and prevent illness (Lalonde, 1974; Dever, 1976). **Figure 2.**
Physical Activity (PA) is any body movement produced by skeletal muscles, resulting in a greater energy expenditure than basal metabolism (Capdevila, 2005). The PA, in relation to health, has a rehabilitative, preventative and well-being role (Devis, 2000).

As such, in order to be in good health, it’s imperative that we be active people. An individual that does healthy physical exercise, in sessions of ≥ 20 minutes, of moderate intensity, ≥ 3 times/week, is considered an active person (ACSM, 2002).

Practicing sports must become inclusive in all social frameworks, especially those disadvantaged by disability. Sport refers to performing physical exercise (PE) in a regulated and competitive environment, and PE is a series of movements designed and planned specifically so as to be in shape and in good health (Capdevila, 2005).

At the same time, it’s important to have an evolution of the athlete, and for this reason it’s necessary to be able to store all the information regarding your health in a precise and objective manner. The main reason to correctly manage the athletes’ clinical information is to document it and protect the contents.

Other reasons include conducting research projects to obtain significant results on the use of new sports adaptation techniques or physical therapy rehabilitation treatments and to accurately quantify the results of the treatments. All of this is needed to evaluate the athlete’s improvement in health according to the methods applied in their therapy treatment.

On the other hand, it is essential to streamline the consultation of information, both internally and among different professionals in the field, in compliance with the Organic Law on Protection of Personal Data or LOPD (Organic Law 15/1999, from December 13, modified by Royal Decree-Law 5/2018, from July 27).
The purpose of the LOPD is to guarantee and protect the handling of personal data, public liberties and fundamental rights of physical persons, and especially their honour and personal and family privacy (BOE number 298, from December 14, and Catalan supplement number 17, from December 30).

The information obtained from the practice of Physiotherapy is a specific type of data and must be carefully protected. Thus, there is a range of data that is regulated (LOPD. Article 7: Regulation of the type of data and its handling). **Figure 3.**

The standard information procedure for sports patients is defined in the following chart, which requires documenting the patient’s consent. **Figure 4.**

The legal handling of the information begins with the registration and filing of the clinical documentation. There are two main ways of doing this: one, by storing physical documents (paper, imaging results like X-Rays, tests, MRI, CAT, etc.), and the other, digital document storage (computer text, photo and video files). This information must be stored using a secure-user login. There are specialised companies that are dedicated to safeguarding documents, in compliance with the legal requirements established by the LOPD. **Figure 5.**
The ideal physiotherapy document that incorporates the personal data associated with the interview, the functional diagnosis and the treatment for the athlete is called the clinical history. This document contains all the information relevant to the patient, that is, data collected by the Physical Therapist and any clinical data that the patient may provide from other health professionals. **Figure 6.**

![Figure 5. Example of a physiotherapy office with an area enabled to store sensitive data. Image created by the author.](image)

There are different document formats for creating the clinical history: a paper version to be filled out by hand; a digital format to be completed by typing in text, and a video-format, the newest format, which includes the interview, the functional diagnosis, the biomechanical analysis and the physiotherapy treatment, all in one single document. **Figure 7.**

![Figure 6. Collection of physical therapy documents. Image created by the author.](image)
Conclusions:

- There are no limits to practicing sports.
- It’s important to quantify the progression of the patient’s health and performance (tendency to adopt the digital format).
- The information must be registered according to the Organic Law on Protection of Personal Data.
- Correct storage of data and information enables reading.
- The multidisciplinary use of the information can be important for scientific advancement.