

Nature of Injuries Prevalence in Football Players: A Retrospective Study

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Abstract

Objectives

The primary objectives of this study was to determine the nature of injuries to football players

Methods

The investigator personally contacted the players and the purpose of the study was explained to them. Further instructions were given by the investigator to the players for the completion of questionnaire. A questionnaire prepared by Cromwell & Gromely (2000) for elite Gaelic football players and modified by the investigator was used. The information of injuries collected from 685 football players .Total 480 injuries out of 388 football players were found out over the one year of the period. The football players were asked to recall injuries over the proceeding one year period.

Results

Total 480 injuries out of 388 football players were found out over the one year of the period. 35.80% Football players reported injuries in muscle , 30.53% reported injuries in Ligament, 08.84% reported in Tendon, 09.29% reported Fracture, 07.96% reported Pain, 03.53 reported Sprain and others reported 03.53% of injuries.

Conclusion

Muscle and ligament injuries are more occurrences of football players. The result of the research provides a useful insight in the nature of injuries to football players.

Introduction

Football requires a variety of physical attributes and specific playing skills, therefore participants need to train and prepare to meet at least a minimum set of physical, physiological and psychological requirements to cope with the demands of the game and to reduce the risk of injury. It is an enjoyable and social sport than can be played from childhood to old age, either at a recreational level or as competitive sports. (Orchard J, Seward H, McGivern J, and Hood S 2001)

Football playing largely involves starting, running, slopping, twisting, jumping, kicking, and turning movements that place the players to greater risk of injury (Waston 1993).

In the epidemiological studies, injury occurs in training or matches interrupted or hampered play (Sinku 2006 and 2009). Special treatment required in order to continue the game, or if the injury has made playing impossible. Football has received a little interest in the sphere of sports medicine.

Football is a high risk sport dominated by overuse injuries while recovery time from injuries is relatively long, but only a few working days are lost by the players to return back to play, thus leading to abuse of the injured sites. In football only a few studies have been made in the literature regarding incidents of injury and pattern, possible risk factors and

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injury prevention (Winter Griffith, 1989; waskan. 1993; Junge, 2004). In football overuse injuries are the most frequent occurrences of injury; and injuries are traditionally divided into contact and non contact mechanism in which case contact refers to players contact. Some of the forces involved in a non contact injury are transmitted from the playing surface to the injured body part.

Keeping in view of the paucity of information about sports injuries in general and football playing in particular, an attempt has been made in this area to investigate the nature, location, causes, outcome of injuries and the possible risk factors involved among the three groups of competitive footballers.

The primary aim of the present study is to determine the nature of injuries among three groups of competitive footballers with combined sample .

Materials and Methods

The present study deals determination to nature of injuries to elite level football players. The information of injuries collected from 685 football players of, Total 480 injuries out of 388 football players were found out over the one year of the period . The investigator personally contacted to the football players and the purpose of the study was explained before the players. The data was collected with the help of questionnaires prepared by Cromwell, F.J. Walsh Gromley for Elite Gaelic footballers (2000) and it was modified by the investigator and utilized. The subjects were required to fill out a questionnaire for each injury for one year.

Research Design

The design in a research study refers to “the researcher’s overall plan for answering the researcher’s question or testing the research hypotheses. This study involves a c survey of three groups of football players in a non-experimental, retrospective study design.

Statistical technique:-

Statistical techniques play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. Keeping in view the aim of the study, percentage have used for interpretation of the data . The statistical computation of data of the present study is used by using SPSS package in the computer. The result computed also cross checked by using following statistical variables.

Results and discussion

This section is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with selected physical parameter.

The results concerning this are presented in the form of tables For the sake of convenience and methodical presentation of the results, following order has been adopted.

Table – 1

Percentage of injuries with respect of nature among football players.

Sr. No.	Nature of injuries	Percentage of injuries
1)	Muscle	35.80%
2)	Ligament	30.53%

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3)	Tendon	08.84%
4)	Fracture	09.29%
6)	Pain	07.96%
7)	Sprain	03.53%
8)	Others	03.53%

As per Table-1, shows that the percentage of injuries with respect to nature among three groups of competitive football players. 35.80% Football players reported injuries in muscle, 30.53% reported injuries in Ligament, 08.84% reported in Tendon, 09.29% reported Fracture, 07.96% reported Pain, 03.53 reported Sprain and others reported 03.53% of injuries. Muscle and Ligament are most occurrence injuries to football players.

Figure-1 illustrates the Percentage of injuries with respect to Nature among three groups of competitive football players.

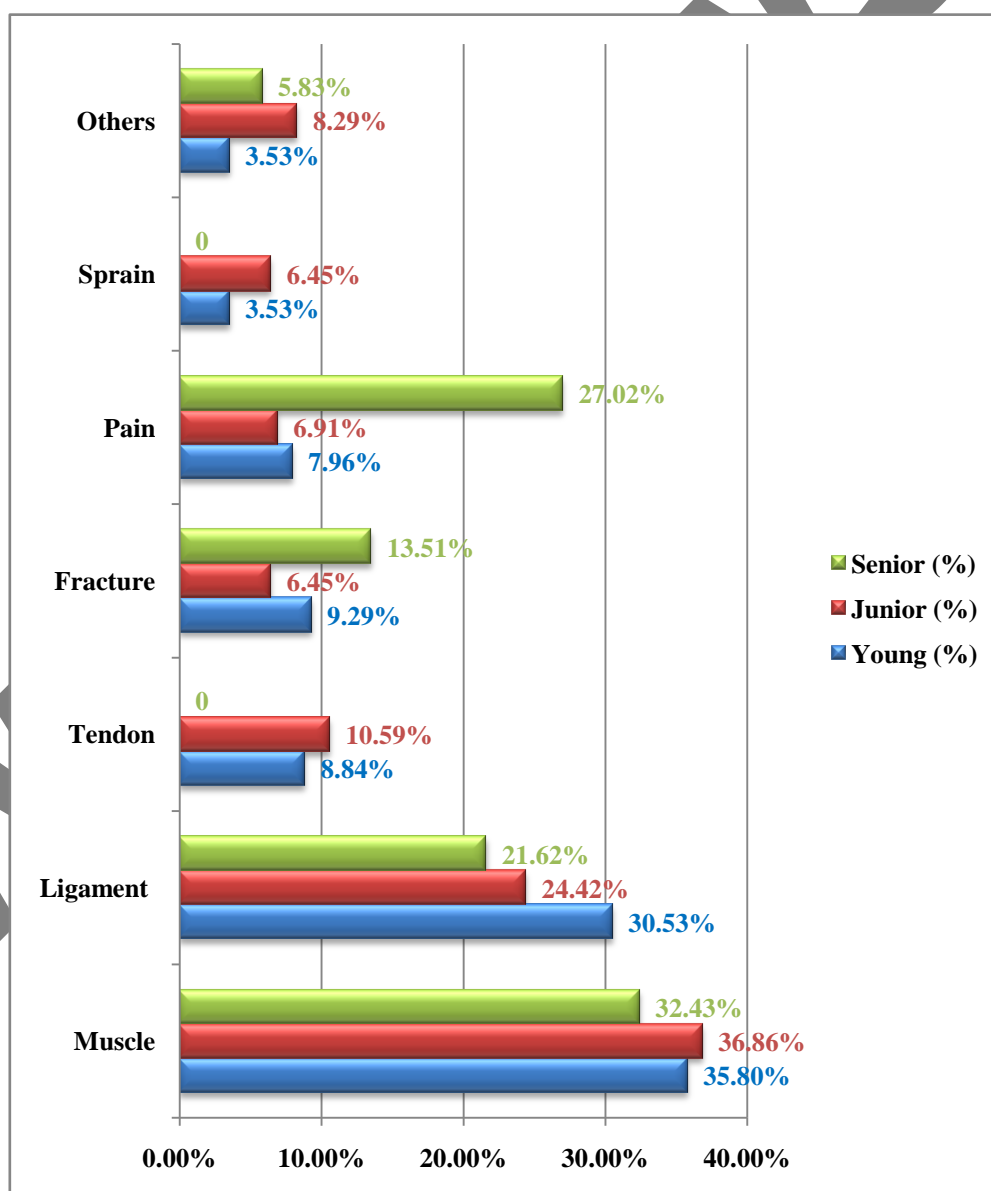


Figure-1 shows that the percentage of injuries with respect to nature among three groups of competitive football players.

Young group football players reported injuries in muscle (35.80%), Ligament (30.53%), Tendon (08.84%), Fracture (09.29%), Pain (07.96%), Sprain (03.53), and others (03.53%).

Muscle and Ligament are most commonly injuries to junior group football players.

Meanwhile, junior group football players reported injuries in muscle (36.80%), Ligament (24.42%), Tendon (10.59%), Fracture (06.45%), Pain (06.91%), Sprain (06.45), and others (03.53%).

Muscle and ligament are more occurrences of injuries to young group football players with respect to nature.

Similarly, senior group football players reported injuries in muscle (32.43%), Ligament (21.62%), Fracture (13.51%), Pain (27.02%) and others (03.53%). Tendon and sprain injuries were not reported by the senior group football players.

Muscle, Pain and Ligament are most occurrence injuries to senior group football players.

The result of the study supported to Cromwell (2000), Wastan(1993) Sinku(2006,2009) Pagare (2009) found that muscle are the most occurrence of football injuries injuries. In several studies age have been investigated as a possible risk factor for injuries in football (Backous et al. 1988;; Inklaar et al. 1996; Ostenberg and Roos 2000; Dvorak et al. 2000; Delaney et al. 2001; Delaney et al. 2002). Studies have reveals that injury incidence in adolescent or junior players increases with age (Hoff and Martin 1986 Inklaar et al. 1996), and Backous et al. also found that injury risk doubled after the age of 14 in youth football players (6-17 years) participating in a summer football camp. Consequently, the most important usage of this research is to prevent the incidence of subsequent injuries by identifying injured athletes and to provide preventive strategies. This can be also used in rehabilitation of impairments and disabilities of injured athletes. Ultimately, the findings will increase the awareness of Players, Coaches and physical educates regarding ill effects of injuries and its effects of performance.

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