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Analysis of injuries among volleyball players and football players of LNIPE, Gwalior

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Abstract

The sample for the study consists of 50 male players i.e., 25 Volleyball players and 25 Football players of Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, Madhya Pradesh between the age group of 18 to 22 Years. The Data is collected through Questionnaire from Volleyball and Football players. Questionnaire forms were used to collect the data and were distributed to participants who regularly practiced Volleyball and Football in different playgrounds in Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, Madhya Pradesh. The form included items on age, gender, length of practice, injury diagnosis. Lower Extremities Upper Extremities, Head, Neck and Spine. The Results of the study shows that Volleyball players are having the Upper Extremities injuries are 15%, lower extremities injuries are 55%, Head 15%, Neck 15% and vertebral Column 10%. The Results of the Study shows that Football players are having the Upper Extremities injuries are 15%, lower extremities injuries are 40%, Head 15%, Neck 10% and vertebral Column 20%. This type of study is useful to coaches to give/ proper coaching for development of motor qualities for prevention of injuries among Volleyball and Football players.

Keywords: Injuries, lower extremities, upper extremities, Vertebral column etc

Introduction

Engaging in sports activities has numerous health benefits but also carries the risk of Injury. At every age sportspersons sustain a wide variety of soft tissue, bone, ligament, tendon and nerve injuries caused by direct trauma or repetitive stress. Different sports are associated with different patterns and types of injuries, whereas age, gender and type of activity influence the prevalence of injuries. Sports trauma commonly affects joints of the extremities i.e., knee, ankle, hip, shoulder, elbow, wrist and spine.

The sports injuries that occur in competition or practice has loss of time for participation in Sport. J. Yde, A.B. Nielsen (1990) Sports Injuries in adolescents ball games: soccer, handball and basketball, In a prospective study of 302 adolescent players in three ball games (soccer, handball and basketball), 119 incurred injuries. The injury incidence (number of injuries per 1000 playing hours) was 5.6 in soccer, 4.1 in handball and 3.0 in basketball. Ankle sprains accounted for 25 per cent of the injuries, finger sprains 32 per cent, strains in the thigh and leg 10 per cent, and tendinitis/apophysitis 12 per cent. The most serious injuries were four fractures, one anterior cruciate ligament rupture, and two meniscus lesions. The most serious injuries, with the longest rehabilitation period, occurred in soccer. In Football, many injuries occurred during tackling and contact with an opposing player, while the injuries in Volleyball and Football were often caused by ball contact and running.

Methodology

The sample for the study consists of 50 male players i.e., 25 Volleyball players and 25 Football players. The Data is collected through questionnaire from Volleyball and Football players. Questionnaire forms were used to collect the data and were distributed to participants who regularly practiced Volleyball and Football in different playgrounds in Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, Madhya Pradesh. The form included items on age, gender, length of practice, injury diagnosis. Lower Extremities Upper Extremities, Head, Neck and Spine.

Results

Table 1: Percentage of Injuries among Volleyball Players

Lower Extremities Injuries knee, lower leg, lower ankle	Upper Extremities	Head	Neck	Vertebral Column
55	15	15	5	10

The Results of the study shows that Volleyball players are having the Upper Extremities injuries are 15%, lower extremities injuries are 55%, Head 15%, Neck 15% and Vertebral Column 10%.

Table 2: Percentage of Injuries among Football Players

Lower Extremities injuries knee, lower leg, lower ankle	Upper Extremities	Head	Neck	Vertebral Column
40	15	15	10	20

The Results of the study shows that Football players are having the Upper Extremities injuries are 15%, lower extremities injuries are 40%, Head 15%, Neck 10% and vertebral Column 20%.

Conclusion

Sufficient warm-up, proper technique, correct biomechanics, proper conditioning, optimizing balance, coordination, optimizing reaction times, optimal diet, adequate rest, positive attitude will reduce the risk of injuries. Increase your flexibility by performing dynamic warm-up prior to practice and competition followed by static stretching post activity.

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