

“ANALYSIS OF MANAGEMENT OF ATHLETICS INJURIES IN SOCCER”

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Injuries in soccer are one of the major concern for Sports Physician, Trainers and Coaches in its management. Rehabilitation as one of the preventive aspects. Most of the study have been revealed the epidemiology, of various injuries of the body and have discuss various Rehabilitation's procedures. In any athletics activity or in major sports. A sports person is under greater stress of extensive Training, Running or Jumping, Stress increases with landing, lifting, kicking and the various movements requires in various team games and sports, soccer is one of the major team game. Were various types of injuries may occur. The injuries like sprain, muscle pull, contusion, dislocation, abrasion, fracture, strain etc. A part for this the injuries seen in the soccer activity are concern in the lower limb as well as the upper limbs. As the lower limb pertaining to foot, ankle and muscular injuries of quadriceps of hamstring, geastrosemanous and the knee injuries are seen to be a major injuries in the total no. of lower limb. In the present study it has been found that the order of prevalence of the locations of injuries was Ankle, thigh, knee, foot and other parts, the least injured part was being the mouth.

Methodology-The present study in a normative study and the data were collected from the complete record of the soccer players who had participated at State, National and at the Inter-university Soccer tournaments. Near about 150 soccer players were randomly taken as subjects.

Sample-The study was carried out in Vidarbha Region of Maharashtra State near about 150 soccer players who had participated and represented at various level in the soccer competitions. Were involved in the study. A questionnaire on the various athletics injuries in soccer was developed by the investigator. It consist of 70 items and studied the over all types of injuries in soccer.

Result of the Study-In present study it has been found that in Football i.e. sprain, strain dislocation predominantly at knee and ankle joint. Muscle pull, abrasion, contusion, dislocation and fracture were most commonly seen and shown in tables. (See Table-1)

1. From Table No. 1 it is observed that sprain are the most common injury (50%) of the total injures. Sprain 90 injuries out of 240. Sprain may be because

of inadequate warming up of prior to the game, faulty execution or lack of fundamental skills. Rough tactics adopted by the players accidental collision with team mates, situation resulting in loss of balance. Sudden change of direction in actions. The nature and quality of playing surface may also cause sprains. 2. Muscle pull is the second highest injury. 40 injuries out of 240, which is (16.66%) muscle-pull may be due to inadequate or lack of warming up. Sudden exertion on the muscles as in sudden exertion on the muscles as in sudden stop and start and jump, dive, throwing and kicking or controlling. 3. Contusion makes up 11.66% of the injures, 28 injures out of 240 contusion is a painful swelling caused by the forceful contact of players and slippery surface may cause injury. 4. Dislocation also makes up 11.65% of injuries that is 28 out of 240. Dislocation cause by wrong techniques of kicking, throwing or accidental falling on the ground, poor ground conditions, unsafe equipment, poor physical fitness of players. 5. Abrasion makes ups 9.58% of total 23 injuries out of 240. Abrasion may be due to stumbling and falling on hard or rough surface. 6. Fracture makes up 6.25% of total 15 out of 240, fracture may be mainly due to falling on to hard surface mistaken position colliding with other players accidentally or due to rough play. 7. Strain makes ups 4.16% of injuries that is 10 out of 240, strain crams while running or kicking time on hard surface. 8. Cuts makes up 2.50% of injuries that is 6 injuries out 240. Cut may be mainly due to high play and slippery surface may case injury. (see Table-2) 1. The lower extremities are the most affected area by injuries constitute 62.49% of total injuries i.e. 150 our of 240 injuries. The upper extremities are the second most injured body area with the percentage of 29.16% i.e. 70 out of 240 injuries. Third comes the head (excluding face) with 20 injuries i.e. 8.33%. Football being the game of motion to obtain advantageous position on the field involve feet, ankle, calf, knee, thigh which makes lower extremities. Any imbalance which makes lower extremities. Any imbalance which may be due to the clumsiness of the players himself while caused by other players result injury to any one of the above parts. Poor ground conditions also cause a number of injuries. Hence the greater of injuries to the lower extremities. 2. The order of the prevalence of the nature

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TABLE NO. 3
BODY LOCATION AND INJURIES PERCENTAGE NUMBER AND TYPES OF INJURIES

Sr. No.	Location	Sprain	Contusion	Muscle pull	Dislocation	Abrasion	Fracture	Strain	Cuts	Total No. of Injuries	Percentage
1.	Knee	12	10	--	08	--	--	10	04	44	18.33%
2.	Ankle	10	05	--	12	--	--	05	--	32	13.33%
3.	Thigh	20	02	05	--	--	--	--	--	27	11.25%
4.	Calf	15	--	02	--	--	--	--	--	17	07.08%
5.	Toes	07	--	--	02	--	--	--	--	09	03.75%
6.	Heel	03	05	--	--	--	--	--	--	08	03.33%
7.	Foot	05	02	--	--	--	--	--	--	07	02.91%
8.	Leg	04	--	02	--	--	--	--	--	06	02.5%
9.	Elbow	04	--	--	05	--	15	--	04	29	12.08%
10.	Shoulder	05	06	--	02	--	01	--	--	14	08.83%
11.	Waist	05	01	--	--	07	--	--	--	13	05.41%
12.	Head	--	20	--	--	--	--	--	--	20	08.33%
13.	Wrist	02	--	--	02	--	02	--	--	06	02.5%
14.	Finger	02	--	--	--	--	01	--	02	05	02.08%
15.	Eye	--	02	--	--	--	--	--	--	02	00.83%
16.	Mouth	--	01	--	--	--	--	--	--	01	00.41%
										240	

TABLE NO. 1
TYPE ON INJURIES AND THEIR PERCENTAGE

Sr. No.	Type of Injury	Total No. of Injury	Percentage %
1.	Sprain	90	37.50%
2.	Muscle Pull	40	16.66%
3.	Contusion	28	11.66%
4.	Dislocation	28	11.65%
5.	Abrasion	23	09.58%
6.	Fracture	15	06.25%
7.	Strain	10	04.16%
8.	Cut	06	02.50%
	Total	240	

TABLE NO. 2
BODY AREAS AND INJURY PERCENTAGE

Sr. No.	Type of Injury	Upper Ext. Total Injuries	Lower Ext. Total No. of Injuries 150
1.	Sprain	31.42%	40.00%
2.	Muscle Pull	07.10%	23.33%
3.	Contusion	10.10%	10.00%
4.	Dislocation	11.42%	10.00%
5.	Abrasion	21.00%	06.66%
6.	Fracture	07.00%	02.00%
7.	Strain	07.90%	05.33%
8.	Cut	08.00%	03.20%

of injuries to the lower extremities are sprain 40%, muscle pull 23.33% fracture 10% dislocation injuries 10% abrasion 6.66%, contusion 2%, strain 5.33% and 3.28%; sprain are the largest percentage of the injuries. The sudden start step and jumping movement which are abundant in Football also may cause sprain that is why sprain are more to the lower extremities. Muscle pull is the second largest common injury to the lower extremities. Muscle pull involves mainly thighs and calf muscles. It occurs due to lack of warming up, lack of muscle strength, lack of physical fitness. Over leading is also the cause of muscle pull as in prolonged playing inspite of fatigue. 3. Out of 240 injuries 70 injuries occurs in the upper extremities the order of prevalence nature of injuries are sprain 31.42%, muscle pull 7.10%, dislocation 11.42%, contusion 7%, fracture 10.10%, abrasion 21.00% after sprain the higher percentage of injuries in upper extremities is abrasion and fracture, it is due to stumbling and falling on the hard surface. Fracture and abrasion occur mainly because of poor ground conditions or due to wrong technique of heading or dribbling time the opponent use the foul technique and fall down. 4. Head injuries occur due to colliding of ground or where, the player use the wrong technique and fall down on ground. 1. It observed from Table No. 3 that knee is the most injured part in Football with (44) injuries out of 240 which is (18.33%). According to Table No. 3 the knee injured because of sprain, dislocation. 2. It is observed from Table No. 3 that ankle is also the most injured

part in Football with (32) injuries out of 240 injuries which is (13.33%). Ankle bear the whole weight of body and slight imbalance may cause damage to the ankle joint. 3. Calf is the sixth injured part of the body with (17) injuries out of 240 which is (7.8%) including injuries (15) Sprain, (2) Muscle pull. 4. Heel is the tenth injured part of the body with (8) injuries out of 240 which is (3.33%) including injuries, (3) Sprain, (5) contusion.

SUGGESTED PREVENTIVE MEASURE :-1. Players should be proficient in fundamental skills. Scientific coaching will be of great help. Proper supervision of practice seasons is necessary to correct mistakes in execution of skills. 2. Regular, proper and adequate warming up prior to each game/practice session is a must for reducing/preventing injuries. Specific warming up can be used to additional advantage in that it will make the players more adaptable to game situations. 3. Coaches and players should develop positive attitude towards competitions. Competitions should be played in the spirit of the game and the ethics of the game should be followed. 4. Presence of a Medical officer during tournaments should be obligatory. 5. Games should be supervised by competent, impartial and efficient officials. They should enforce the rules strictly particularly when the safety of the players is endangered. 6. Periodic medical check up a players should be compulsory apart from pre-season health examination.