ANALYSIS OF ASPECTS OF INJURY PREVENTION BASED ON THE RESULTS OF AN ANONYMOUS QUESTIONNAIRE

Annotation. Epidemiology in sports is quite complex, due to the lack of statistical data on the sports contingent, registration of athletes by sports, gender and age characteristics, as well as statistical accounting and reporting documentation generally accepted in healthcare. According to foreign literature, there are scientific studies on the epidemiology and nature of sports injuries in adolescent athletes, but their number is limited, and the available materials are not reliable enough. In Most studies show data only for specific sports (football, basketball, skateboarding, martial arts) or analysis for recreational sports [1,3,5,6]. Available retrospective studies focus on sports that are played in schools, i.e. not in a specialized way [2,4]. In this regard, the question arose about the need to analyze the epidemiological aspects of sports injuries on the basis of an online questionnaire developed among athletes with traumatic lesions of various nature.

Purpose of the study: to conduct a retrospective analysis of traumatic injuries of the sports contingent using a questionnaire.

Materials and methods of research. Due to the presence of complex and long-term recovery measures in the presence of sports injuries, a systematization of data on the level and structure of sports injuries depending on the type of sport was carried out on the basis of athletes' requests for medical care, according to a retrospective analysis of statistical reporting. In order to study the organization of medical care for athletes, medical documentation, personal data on polyclinics, registration cards of athletes (various sports) who applied to polyclinics at the place of residence in the event of injuries of various nature were selected. The total number of questionnaires was 203.

Results of the study: According to the survey on the number of injuries sustained and sports team sports are the most common, accounting for 35.8%; somewhat less often martial arts - 32.4%; cyclical – 21.7%; complex coordination - 7.2%; applied - 2.1%; technical - 0.8%. At
the same time, in the structure of sports injuries, the most characteristic are lesions of the knee joints - 23.9% and ankle joints - 12.7%.

As for the most traumatic sport, it was judo - 32.1% and weightlifting - 15.6%; Football and basketball are somewhat less frequent (14.7% of observations); Less traumatic sports were artistic gymnastics, boxing - 9.2% and karate - 4.6%.

Analysis by sport in the age aspect showed that in total, among the entire contingent of the studied, the largest number of athletes was aged 18-22 years - 38.5%. An in-depth analysis of the age characteristics of athletes revealed the predominance of persons aged 18-22 among athletes engaged in martial arts: in boxing - 45.5%; judo - 37.5%; karate - 33.3%. A similar situation was noted in the group of people engaged in weightlifting and basketball, where 50% of athletes were aged 18-22 years. Whereas in football and artistic gymnastics, athletes under the age of 18 prevailed, accounting for 46.2% and 53.8%, respectively. This indicates that the age aspect (age 18-22 years), as well as the type of sport (martial arts - 45.9%) make a certain contribution to the occurrence of sports injuries.

To analyze the possible causal factors of injuries, the categories and categories of athletes were studied. According to the data obtained, among the most frequently injured were athletes with 3rd - 29.1% and 2nd - 23.4% categories. Candidates for master of sports (8.4%) and masters of sports (6.6%) were the least injured athletes, the average values were determined among athletes who did not have a category - 17.1% and with the 1st category - 15.3%

Conclusions: Thus, the highest number of injuries among athletes is determined at the age of 18-22 years in basketball - 50.0%, weightlifting - 50.0% and boxing - 45.5%. The main sports injuries are knee and ankle injuries, accounting for a total of 36.6% of all detected cases.

References: