

LOWER EXTREMITY INJURIES IN IRAN PRIMER FEMALE FUTSAL PLAYERS

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Introduction

Although injuries in soccer have been the subject of numerous studies, but little information is available about the injury in Futsal. Despite the growing popularity of women's Futsal in Iran and the increasing number of female players, there have been few researches on injuries sustained by female Futsal players. The aim of this study was to investigate incidence and causes of lower extremity injuries in Primer League Female Futsal players.

Methods

In total 64 players of 5 teams participated in this study. Athlete's injuries information was registered by physicians of teams using modified questionnaire. Descriptive statistics and Chi-square test were used for analyses of data.

Results & Discussion

In total 88 percents of injuries were occurred in lower extremity, which most of them were occurred in knee (%54.5) and ankle (%20.5) ($\chi^2= 36.4$, $P < 0.05$). The most kind of injuries were sprain (%63.6), strain (%13.6) and contusion (%11.4) ($\chi^2= 35.09$, $P < 0.05$). The most common knee injuries were anterior cruciate ligament (%58.3). There was no significant difference between contact and non-contact injuries ($\chi^2= 2.27$, $P > 0.05$). Cutting and bad landing maneuvers were most common mechanisms of injuries ($\chi^2= 6.7$, $P > 0.05$). The rate of severe injuries were more than moderate and minor injuries ($\chi^2= 14.3$, $P < 0.05$).

Conclusion

It can be concluded that in female professional Futsal players, knee and ankle were most common sites of injuries and also sprain and strain were the most type of injuries. Anterior cruciate ligament injury was one of the most types of knee injuries. Cutting and bad landing were the most dangerous maneuvers.