

## 2010 CITY FOOTBALL LEAGUE SPORTS INJURY SURVEY ANALYSIS IN TAIWAN-KAOSHIUNG COUNTY FOOTBALL TEAM AS AN EXAMPLE

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### **Introduction:**

The purpose of this study was to investigate 25 Kaohsiung County football players participated in 2010 National City League including injured players parts and players' position in Taiwan. The football team totally played thirteen games and 25 people's time got injury in ankles, knees, fingers and flues.

### **Methods**

Research tools used the Chang-Jung Christian University sports injury survey, Excel statistical software and descriptive statistics.

### **Results & Discussion**

The probability of sprained ankle up to 60%, followed by medial collateral ligaments injuries for 12%, cold, 12%, abdominal pain, 8%, anterior cruciate ligaments rupture, 4%, injured fingers, 4 %. The injured player included forward and midfield players with a total of 48%, defender players, 36%, and goalkeepers, 16%.

### **Conclusion**

Coaches and staff should be based on individual player positions to strengthen their core-muscle parts of training. In addition, strengthening the players' "precautionary measures" to avoid injuries, such as ankle taping. If players could reduce the chances of injury, thereby reducing the loss of contest ability on the team, the final results of the team.

### **References**

1. Nelson, A. et al. (2007). Journal of Athletic Training, 42(3) : 381-387.