

Epidemiološke značilnosti poškodb v slovenskem rokometu

Anja Barič, dipl. fiziot., viš. pred. mag. Sonja Hlebš, viš. fiziot., univ. dipl. org.

Zdravstvena fakulteta, Univerza v Ljubljani, Ljubljana, Slovenija

Korespondenca/Correspondence: Sonja Hlebš; e-pošta: sonja.hlebs@zf.uni-lj.si

Uvod: Rokometna igra je povezana s številnimi nepričakovanimi situacijami, z zunanji motnjami gibanja in s skrajnimi položaji telesnih segmentov, zato je pojavnost poškodb pri rokometiših velika (1, 2). Namen prispevka je prikazati izsledke analize poškodb rokometišev in rokometišic iz slovenskih članskih lig v sezoni 2010/2011. **Metode:** Izvedena je bila retrospektivna epidemiološka raziskava. Podatki so bili zbrani z anketami, ki so bile poslani dvajsetim slovenskim rokometnim klubom. Iz vsake lige so bili naključno izbrani 4 klubi, iz posameznega kluba je ankete reševalo 15 igralcev. Za analizo rezultatov so bili uporabljeni opisna statistika, povprečje, srednja vrednost in delež. Zbiranje podatkov je potekalo od februarja do maja 2012. **Rezultati:** Od 300 poslanih je bilo analiziranih 159 vrnjenih in pravilno rešenih anket, ki jih je izpolnilo 81 (50,9 %) rokometišev in 78 (49,1 %) rokometišic. Povprečna starost rokometišev (24,6 leta) je bila višja od rokometišic (20,5 leta), z rokometom so se igralci v povprečju ukvarjali 15 let in igralke 10,5 leta. V sezoni 2010/2011 se je poškodovalo 45 % igralcev in igralke. Incidenca poškodb pri ženskah je bila višja kot pri moških (ženske 26,7 poškodbe/1000 ur igranja tekme in 0,97 poškodbe/1000 ur treninga; moški 10 poškodb/1000 ur igranja tekme in 0,5 poškodbe/1000 ur treninga). Incidenca poškodb na tekmah pri rokometišicah je bila skoraj trikrat in na treningih dvakrat večja kot pri rokometiših. Največji odstotek poškodovanih igralcev in igralke je bil v 1. B moški (46 %) in ženski ligi (62 %). Preventivno vadbo je imelo vključeno v treninge 67 (42 %) od vseh rokometišev in rokometišic, 92 (58 %) igralcev in igralke preventivne vadbe ni imelo. Od tistih, ki so izvajali preventivno vadbo, se jih je 51 % poškodovalo. Med tistimi, ki preventivne vadbe niso imeli vključene v treninge, se je poškodovalo 41 %. V sezoni 2010/2011 se je vsaj enkrat poškodovalo 72 (45 %) igralcev in igralke, 87 (55 %) se jih ni poškodovalo. Pripetilo se je 0,58 poškodbe na igralca oziroma igralke. Rokometišice so imele 57 poškodb (62 %), rokometiši pa 35 (38 %). Od vseh poškodb (92) pri obeh spolih se jih je največ zgodilo v jesenskem tekmovalnem obdobju (49 %) in najmanj (8 %) v spomladanskem pripravljalnem delu sezone. Prevladovala so poškodbe spodnjih udov (62 % vseh poškodb), najpogosteje je bil pri obeh spolih poškodovan skočni sklep (30 poškodb). Največ poškodb (27) je bilo hudih (odsotni od treningov za več kot 4 tedne), najpogosteje so bili poškodovani levi in desni zunanji igralci oziroma igralke (38 poškodb). **Zaključki:** Incidenca, vrsta poškodb in vzroki za nastanek poškodb med slovenskimi rokometiši ter rokometišicami so primerljivi z izsledki v literaturi (3, 4). Zbrani podatki so lahko v pomoč vsem, ki se ukvarjajo s to športno panogo, za izboljšanje preventivnih ukrepov, boljšega predvidevanja in ukrepanja ob nastanku poškodb.

Ključne besede: rokomet, športne poškodbe, pogostost.

Epidemiology of injuries in Slovene handball

Background: Handball is associated with a number of unexpected situations, with external disturbances of movement and the extreme positions of body segments, hence the frequency of injuries among handball players is high (1, 2). The purpose of this study was to identify and analyse injuries amongst handball players from different Prime Slovene leagues in the season 2010/2011. **Methods:** A retrospective epidemiological study of injuries in handball was conducted. A questionnaire was sent to twenty Slovene handball teams. From each league, four teams were randomly selected and from individual team 15 players fulfilled the questionnaire. Descriptive statistics, average and percentage values were used for analysis. Data were collected between February and May 2012. **Results:** Three hundred questionnaires were sent and 159 questionnaires that were sent back were used for analysis. Eighty-one (50.9%) male players (average age 24.6 years) and 78 (49.1%) female players (average age 20.5 years) fulfilled the questionnaire. On average male players had longer duration of playing handball in comparison to female players (male: average 15 years; female average 10.5 years). During the season 2010/2011 forty-five percent of all players were injured. The incidence of injury in females (27.7 injuries/1000 hours competition and 0.97 injuries/1000 hours training) was higher than in men (10 injuries/1000 hours competition and 0.5 injuries/1000 hours training). The incidence of injury on competition and on training was higher in female players in comparison to male three to two times, respectively. The largest percent of injured players was in 1.B male (46%) and in female league (62%). From all players, 67 (42%) had been involved in prevention training programme and 92 (58%) not. Fifty-one percent of the players involved in prevention training injured and 41% players who were not involved in the prevention programme. In the 2010/2011 season from all players, 72 (45%) injured themselves at least once, 87 (55%) did not experienced the injury. There was 0.58 injury per player, 57 (62%), injuries in female and 35 (38%) in male players. From all injuries (92) in both genders, the highest percentage of all injuries occurred in the first half of the competition season (49%) and the least (8 %) in the preparatory season. From all injuries, the lower limb was injured most frequently; the most common was ankle injury (30 injuries). The majority of the injuries (27) were severe (absence from training for 4 weeks) and the backcourt players (38) were most frequently injured. **Conclusion:** The incidence, type and cause of injuries among Slovenian handball players are comparable to reports in the literature (3, 4). The collected data may be helpful to improve the prevention, prediction and treatment of injuries to all who are involved in this sport discipline.

Keywords: handball, sport injuries, incidence.

Literatura/References

1. Seil R, Rupp S, Tempelhof S, Kohn D (1998). Sports injuries in team handball: A one year prospective study of sixteen men's senior teams of a superior nonprofessional level. *Am J Sports Med* 26(5), 681–87.
2. Junge A, Cheung K, Edwards T, Dvorak J (2006). Injuries in team sport tournaments during the 2004 Olympic games. *Am J Sports Med* 34(4): 565–576.
3. Langevoort G, Myklebust G, Dvorak J, Junge A (2007). Handball injuries during major international tournaments. *Scand J Med Sci Sports* 17(4): 400–407.
4. Petersen W, Braun C, Wiebke C B et al (2005). A controlled prospective case control study of a prevention training program in female team handball players: the German experience. *Arch Orthop Trauma Surg* (2005) 125 (9), 614–21.