

INJURIES IN BASKETBALL PLAYERS : ANALYSIS OF TYPE OF INJURIES, FACTORS INFLUENCING THE OCCURANCE AND OPTIONS OF TREATMENT.

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AIM OF THE STUDY

This study describes the types of injuries occurring in basketball players, analyses the factors influencing the occurrence and registers the treatment's options.

MATERIAL AND METHOD

2002 – 2003 :

136 injuries in game or practice

In 125 basketball players of different level of skill

Males : 96

Age: 15-40yrs (average: 27,3 yrs)

Females : 29

Also registered:

- Previous injuries
- Frequency of playing or practice
- Condition of playing fields

Evaluation:

- Clinical
- X-ray
- Mri

RESULTS

TYPES OF INJURIES :

- Joint sprains 43%
- Fractures 20%
- Tendon injuries 11%
- Ligaments rupture 8%
- Menisci tears 2%
- e.t.c 11%

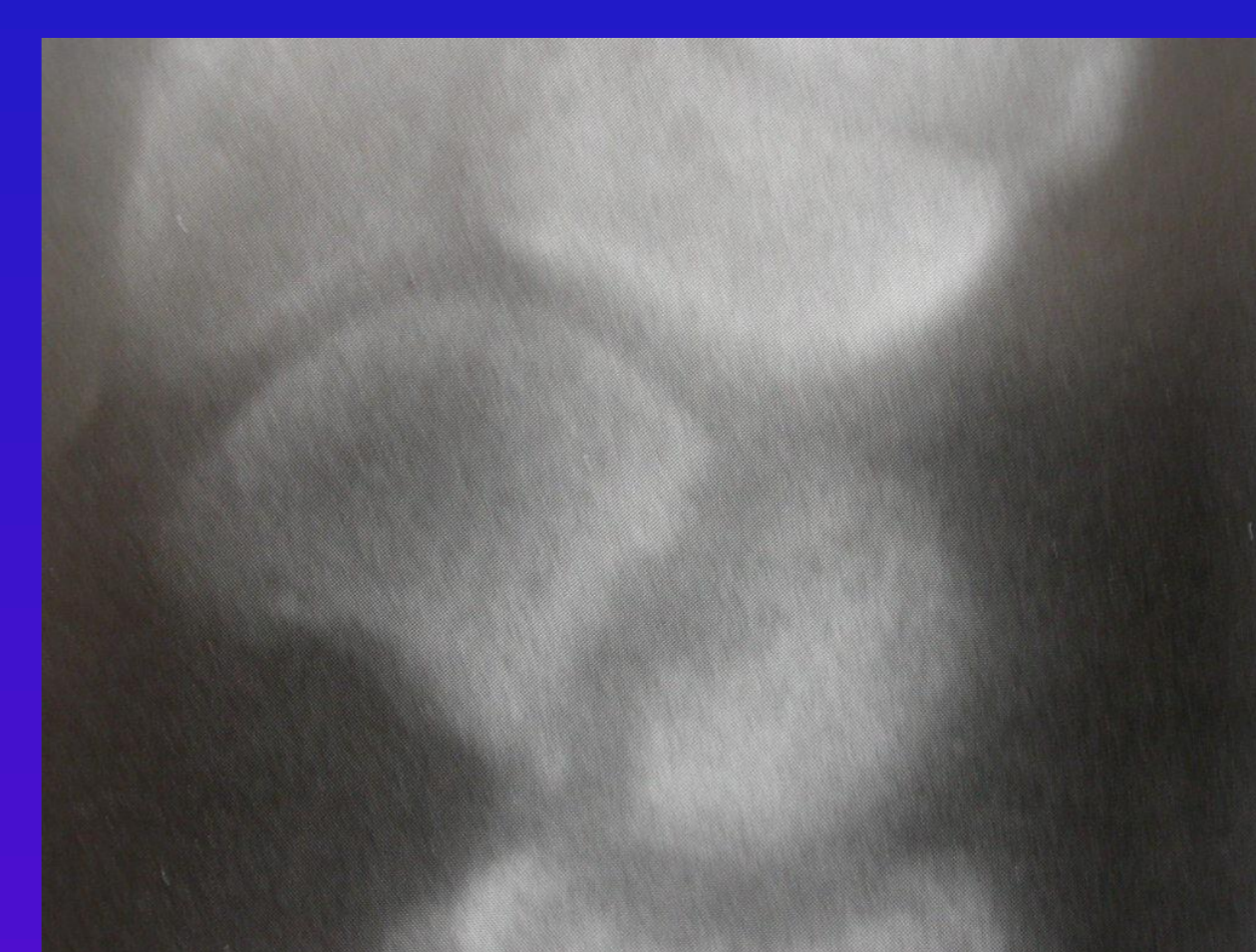
- Upper extremities 48%
- Lower extremities 40%
- Both upper & lower extremities 7%
- Spine 5%

LOCATION OF INJURIES

- Fingers 34%
- Ankle 26%
- Knee 15%
- Wrist 12%
- Others 13%



- 58% play basketball ≤ twice /week without previous practice
- 21% suffered previous injury in the same area of body
- 42% of playing fields weren't fulfilling "official" standards



CONCLUSIONS :

- ❖ Basketball players sustained a variety of injuries , mainly in extremities
- ❖ Poor physical condition
- ❖ Inadequate training
- ❖ Personal factors (age, skill level, previous injuries)
- ❖ Conditions of playing fields

TREATMENT:

- CONSERVATIVE 68%
- SURGICAL 32%

Seem to be related with frequency and severity of injuries