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Prevalence of sports related injuries among athletes receiving professional training in Al Ahsa

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Objective: Identify the prevalence of such injuries among athletes receiving professional training in sports club of Al Ahsa region.

Methods: It is a retrospective cohort study, conducted in a sports club at Al Ahsa, recruiting all its members receiving professional training in soccer and basketball. We asked 108 athletes to fill our questionnaire and with the help of this we identify individuals, sustaining sports related injuries and assess the overused injuries in knee, lower back and shoulder by using Oslo Sports Trauma Research Centre (OSTRC) Overuse Injury Questionnaire. We then segregated these individuals according to the age when they sustained such injury, either pediatric group (less than 18 years) or adult group (more than 18 years). Besides this we also segregated the individuals according to the type of sports they are training for as well as the type of sports injury, they are sustaining. The results were analyzed by SPSS (version 16.1)

Result: Soccer is the most chosen sports by majority of athletes. Basketball is another choice among athletes. Soccer also has highest incidence of sports related injuries, followed by basketball. Among regions of involvement, it is the knee which is mostly involved (22.2±0.7%), followed by lower back (8.3±0.4%), and significant amount of athletes (30.0±0.6%) suffer injuries in sites other than knee, lower back and shoulder such as ankle and foot.

Conclusion: It is better to prevent the sports related injuries than to treat them. With prevalence study like this, done on a much larger scale, we may preserve our athletes and thus in turn can enhance the overall sports performance of country by taking preventive measures beforehand.

Biography

Abdulmonem Suliman Alkhateeb a 6th year medical student in King Faisal University, Al Ahsa. After finishing high school in August 2010, he joined college of medicine and before and during his time he has participated in many extracurricular activities, he had special interest in the field of orthopedics and planned to pursue an orthopedic residency program.

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