

# Badminton Injuries and Rehabilitation

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## Abstract

Badminton is a popular sport in Korea. However, medical records about badminton injuries are rare. Compared to other sports, badminton is of low risk, and most injuries related to badminton are overused injuries and are localized to the foot and ankle. The frequent ones are medial/lateral epicondylitis, shoulder impingement syndrome, Achilles tendinitis, infra patellar tendinitis, hip bursitis, and spondylolysis/spondylolisthesis etc. The rehabilitation program include control of pain and swelling; restoring the full range of motion; increasing muscular strength, endurance and power; reestablishing neuromuscular control; improving balance; maintaining cardiorespiratory fitness; and incorporating functional progressions. The most important point in rehabilitation is regular follow - up during the healing process.

Keywords : Badminton injuries; Rehabilitation;  
Overused injuries

: ; ;

가 , , ,  
가 .  
가 .  
가 .  
가 ,  
( ,  
)  
(1~3).  
( ,  
, ( , ), ,  
.

1)

(1)

(noncontact)

(lunge),

가

가

(6).

(2)

1. (

1 20 , 3 ,

Medial & Lateral Epicondylitis)

(4),

(3)

(pronator teres)

(flexor carpi

, , 가

radialis) 가

(pronation) ,

(4)

가

( ,

(collagen)

supinator),

(4).

(transverse friction massage)

(5).

(5)

(snap)

가  
가 3가 가  
(6) 90  
(Lateral Counterforce Brace)  
가  
4 (strap) 10 2  
(biomechanics)  
가 가  
10 2  
( )  
10 2  
(7)  
2)  
가  
(extension- 2. (Impingement Syndrome)  
supination)  
(pulley)  
(over  
head)  
(7).  
(8) 가  
가

Rathbun 가 (가 , supraspinatus) 2)  
 ( , biceps brachii) (1)

가 (8). 가  
 1cm .

, 15 . (2 3 ) ,

1) (ergometer)  
 가 (9). (rowing)  
 가 . ,  
 (laxty) 가 .  
 가 2 ~ 3 .  
 ( , rotator cuff) 80  
 , 90 , 135  
 , 가 (cuf), ,  
 90 , 가  
 , (scaption) .  
 90 가  
 가 . 가 가  
 (reedu  
 cation) .  
 가 ,  
 가 (scapul  
 humeral rhythm)  
 가 .

가 .

가 가 .

(visual feedback) .

가 (10). .

가 90 ,

(forehand) (backhand)

(military press) .

가

(11). (3)

90 , ,

(long head) 가 .

(elbow curl) ,

가

가 .

(protraction and retrac-

tion) 가 .

2 ~ 3 .

(2) .

가 가 (4)

가 ,

30 , 3 가 , , ,

가 , ,

가 .

가 ,

가 .

가 , 3

1)

3.

가 (12, 13). 2 ~ 6cm (14).

가 , 2) 가 (toe raise) 2 ~ 3 3 ~ 4 , 6 . 6

가 (1) : (fibroblast) 가 (tendon sheath) ( , forefoot varus; , tibial varum; , femoral anteversion ) , ( , subtalar joint) (pronation)가

가 가 가 (2) : 가 (dorsiflexion) , 가 가 ( )

1.

1	,	,	,	,	,	가
2	,	가	,	,	,	(
3	,	,	,	,	,	

( , hamstring)  
가  
가 . - .  
,  
.  
(Wall Lean Stretch)  
,  
,  
(toe- up)  
. 가  
.  
(closed  
(warm- up) 가 , kinetic chain exercise)  
10 . ,  
(incline board) (squat), - (setp- up)  
12 , 18 ,  
6 가 15~ 18 가 . (Plyometric Exercise)  
, 가 ,  
.  
.  
1 3~ 5 , 1 6~ 8 , 가 . - (stretch  
shortening)  
.  
가 ,

1)

(transverse friction massage)

가

5 ~ 7 , 1 2

가 가

(interval)

가

2)

3)

. Curwin

가

(15).

(squatting),

4. (Infrapatellar Tendinitis)

가

10 , 3

. Jensen

( , (16), 30

quadriceps femoris)

10 , 3 , 3 , 8  
30, 50, 70 5 , 4

(tenodesis strap)

가



- 3) .  
( , gluteus maximus)  
( , iliotibial band)  
( , adducted)
5. Q  
( ,  
adductor)  
가  
가가 .  
(insole)
- 1)  
( Iliopectineal Bursitis) ( ) 가  
( , iliopsoas)  
. 가  
(tensor fascia lata) , (1)  
(hip)  
(1) , 가  
가  
가  
가  
(2) , , ,  
, ,  
(2)
- 2)  
( , Trochanteric Bursitis)

(3)

3 ~ 5

가

(2)

, 2 ~ 3

6. ( , Spondylolysis)

(Spondylolisthesis)

(pars interar-

1 ~ 2

ticularis)

(17).

가

(hyper

mobility)

1

5

가

(1)

가

가

가

(hinge)

15 ~ 30

가

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Peer Reviewer Commentary

( )

21 (well-being) , 가

가 . 가

,

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