

In - line Skating Injuries and Rehabilitation

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Abstract

In - line skating is one of the fastest growing recreational sport activities all over the world, particularly in Korea. Fractures, dislocations, sprains and avulsions account for 60~70% of all acute injuries from in - line skating. The wrist area, including the wrist and the lower arm, is the most commonly injured site. To decrease the incidence and severity of acute injuries, the use of safety gears is critical. Also, overuse injuries can occur in the shoulder area, low back, knee, foot and ankle. Avoidance of overwork, rest, stretching and strengthening exercise, well - fit boots, and the proper skating posture can prevent or minimize the overuse injuries.

Keywords : In - line skating;

Protection equipment; Exercise;

Overuse injury

: ; ; ;

Merlin

1735

John

가

1984

1990

가

, 1997

2002

가 1,000

2004

400

가

가

30



1.



2.

285 450 (1, 2), (9).

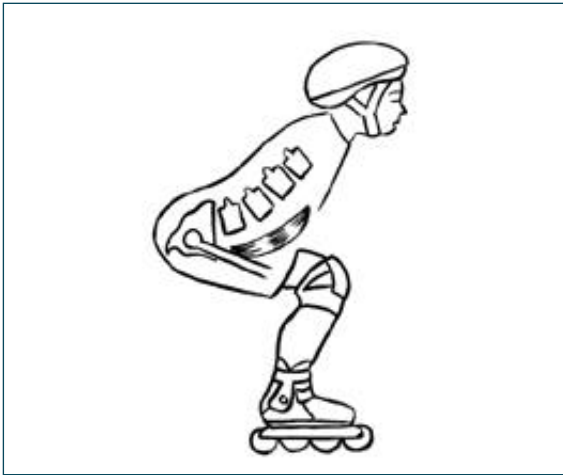
가
(2~4).

, 가
50% (overuse)

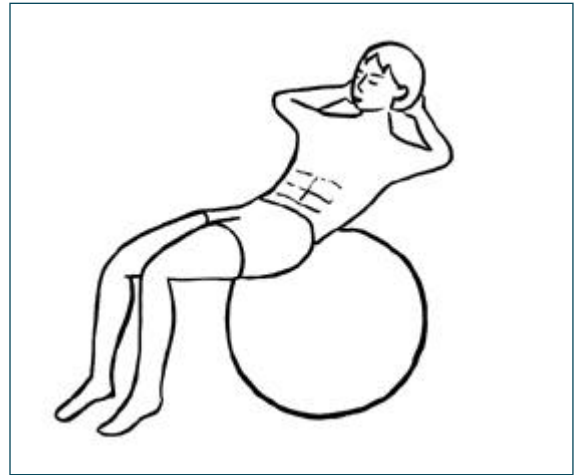
(5).
, ,
(10)

가 (6). 가
가
60 ~ 70% , 가
(7~9). (trigger point)

(myofascial pain syndrome) (10)



3.



5.



4.

‘ ‘ ‘
(1),

‘
2 .

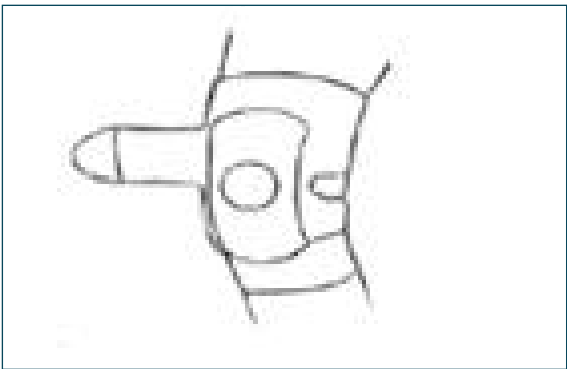
가 .

. .

. (spray and
stretching), ,

‘ ‘ ‘
‘ .

가 .
(lordosis) 가 가 (3)



6. (patellar brace)



7.

(4)

· , , (Swiss ball)

(5)

·



8. () ()

,
(patellofemoral pain syn-
drome)

· , ,
, ,
, ,

,
· 가

,
(patellar taping)
(11, 12) (trochlea

groove)

(tracking)

가



(8).

가

가

(adventitial bursa)

(8)(13).

(14).

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Peer Reviewer Commentary

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