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Common Sports Injuries among National Players in Korea

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Abstract

To become a national player and after becoming one, athletes usually overtrain themselves. Also they often get injured during their competition. There are many kinds of sports injuries, which are rather specific to each sport. In this study, the author analyzed the sports injuries of athletes who had visited the medical clinic in the Taereung National Training Center from January to July in 2005. There were 5 events and 7 groups of sports including men judo, men wrestling, men and women weight lifting, men and women hockey, and men gymnastics. The results showed that low back problems were the most common injury among all these sports. Besides low back problems, athletes from each sport had different patterns of injuries. Men judo players frequently had medial collateral ligament injuries of the knee. Men wrestling players commonly had neck problems. Many men and women weight lifters had wrist injuries and rotator cuff impingement, respectively, and many of them also had patellar ligament injuries. Hockey players commonly had ankle problems, and especially many women hockey players had hamstring strains. Remarkable injuries in men gymnastics were wrist and finger injuries. These results can be of help to optimize the strategies to prevent injuries and to rehabilitate the injured athletes.

Keywords : National player; Sports injuries; Taereung national training center

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1. 가	(%)
Low back problem*	27(38.0)
Knee MCL†sprain/tear	8(11.3)
Capsular sprain of finger joint	6(8.5)
Tendinopathies around wrist	5(7.0)
Lateral ankle ligament sprain	5(7.0)
Rotator cuff impingement	5(7.0)
Acromioclavicular joint injury	4(5.6)
Elbow traumatic arthritis	4(5.6)
Patellar tendinopathy	4(5.6)
Elbow UCL‡sprain/tear	3(4.2)
Total	71(99.8)

*: low back problem

† MCL, medial collateral ligament

‡ UCL, ulnar collateral ligament

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blem)’ 가
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2. 가

	(%)
Low back problem*	33(29.7)
Neck problem†	24(21.6)
Knee LCL‡sprain/tear	9(8.1)
Rib contusion/fracture	9(8.1)
Capsular sprain of finger joint	7(6.3)
Lateral ankle ligament sprain	7(6.3)
Knee MCL§ sprain/tear	7(6.3)
Acromioclavicular joint injury	6(5.4)
Rotator cuff impingement	5(4.5)
Tendinopathies around wrist	4(3.6)
Total	111(99.9)

*: low back problem

† neck problem

‡ LCL, lateral collateral ligament

§ : MCL, medial collateral ligament

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3. 가

	(%)
Low back problem*	38(42.7)
Upper back MPS†	16(18.0)
Tendinopathies around wrist	8(9.0)
Rotator cuff impingement	8(9.0)
Flexor tendinopathy at elbow	4(4.5)
Patellar tendinopathy	4(4.5)
Quadriceps tendinopathy	4(4.5)
Calf muscle cramps	3(3.4)
Glenoid labrum injury of shoulder	2(2.2)
Acute neck sprain	2(2.2)
Total	89(100)

*: low back problem

† MPS, myofascial pain syndrome(MPS)

4. 가

	(%)
Low back problem*	9(16.1)
Upper back MPS†	9(16.1)
Rotator cuff impingement	8(14.3)
Patellar tendinopathy	7(12.5)
Quadriceps muscle strain	6(10.7)
Flexor tendinopathy at elbow	5(8.9)
Calf muscle cramps	5(8.9)
Tendinopathies around wrist	3(5.4)
Knee synovial plica pain	2(3.6)
Gastrocnemius tendinopathy at knee	2(3.6)
Total	56(100.1)

*: low back problem

† MPS, myofascial pain syndrome(MPS)

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5. 가	(%)
Low back problem*	13(26.5)
Upper back MPS †	9(18.4)
Chronic ankle sprain/instability	4(8.2)
Lateral ankle ligament sprain	4(8.2)
Medial ankle ligament sprain	4(8.2)
Posterior tibial tendon sprain	3(6.1)
Peroneal tendinoapthy	3(6.1)
Plantar fasciitis	3(6.1)
Hamstring muscle strain	3(6.1)
Iliotibial band friction syndrome	3(6.1)
Total	49(100)

*: low back problem

† MPS, myofascial pain syndrome(MPS

6. 가	(%)
Low back problem*	19(29.2)
Hamstring muscle strain	15(23.1)
Plantar fasciitis	6(9.2)
Iliopsoas muscle strain/bursitis	5(7.7)
Upper back MPS †	5(7.7)
Chronic ankle sprain/instability	4(6.2)
Tenoperiostitis of shin	3(4.6)
Patellar tendinopathy	3(4.6)
Meniscus abnormalities	3(4.6)
Tibialis/peroneal muscle soreness	2(3.1)
Total	65(100)

*: low back problem

† MPS, myofascial pain syndrome(MPS

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7. 가

	(%)
Capsular sprain of finger joint	12(15.8)
Rotator cuff impingement	12(15.8)
Tendinopathies around wrist	11(14.5)
Low back problem*	11(14.5)
Upper back MPS†	8(10.5)
Lateral ankle ligament sprain	6(7.9)
Acute neck sprain	6(7.9)
Calf muscle cramps	4(5.3)
Achilles tendinopathy	3(3.9)
Patellar tendinoapthy	3(3.9)
Total	76(100)

*: low back problem

† MPS, myofascial pain syndrome()

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Peer Reviewer Commentary

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