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The risk of passion, a comparative analysis of the injuries based on judo and wrestling

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Abstract

Background and Study Aim. A sport is a contending with your weaknesses, but essentially, it is a pursuing your passions. Sometimes it is possible that pursuing your sport passion is connected with the occurrence of the injuries. The objective of this paper was the analysis of sport contusions among male and female competitors concerning 2 sport disciplines as judo and wrestling. The following hypotheses were formed: judo is sport with a greater number of contusions than the wrestling; there are more injuries of the upper extremities in comparison to lower extremities injuries which occur more likely in wrestling; in both sports disciplines the injuries take place mostly during the sports competitions.

Material and Methods. The following research referred to 117 male and female competitors including wrestling (58 people) and judo (59 people). The information concerning the past sport injuries was gathered by the questions presented in the survey. The provided results were subject to the analysis.

Results. According to judo, a main cause of injuries, indicated by surveyed people, was: improper warm-up 41%, uncompleted treatment of previous injuries 37%, direct fight 22%. With reference to wrestling, a main cause of injuries was: direct fight 44%, improper warm-up 29%, uncompleted treatment of previous injuries 27%. The vast majority of competitors answered that despite the appearance of aches and pains, they continue a training/the competitions. As based on competitors' answers, from 117 surveyed people, 97 (83%) had at least one injury within their sports career. The examined sportspeople had 44 injuries in judo and 80 injuries in wrestling. The mostly occurred contusions were the injuries of lower extremities: judo 27, wrestling 33.

Conclusions: Fighting sports refer to the disciplines with increased degree of injuries. The majority of examined people were injured within their sports career. A lower extremity was most often injured, next an upper extremity and head injuries. More injuries were noted in wrestling.

Key words: fighting sport • injuries • male and female competitors

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