



apunts

MEDICINA DE L'ESPORT

www.apunts.org



ORIGINAL ARTICLE

Influence of the soccer players' professional status on the frequency and severity of injuries: A comparative pilot study

Lorenzo Benito del Pozo^a, Carlos Ayán Pérez^{b,c}, Gonzalo Revuelta Benzanilla^a, Antonio Maestro Fernández^a, Tania Fernández Villa^{c,*}, Vicente Martín Sánchez^{c,d}

^a Real Club Sporting de Gijón' Medical Staff, Real Club Sporting de Gijón, Gijón, Asturias, Spain

^b Special Didactics, University of Vigo, Vigo, Pontevedra, Spain

^c Community Health Research Group, IBIOMED, University of Leon, León, Spain

^d The Biomedical Research Centre Network for Epidemiology and Public Health (CIBERESP), Spain

Received 27 February 2013; accepted 14 May 2013

Available online 9 January 2014

KEYWORDS

Epidemiology;
Soccer;
Sporting injuries

Abstract

Objective: The purpose of this study was to examine the frequency and severity of injuries sustained by members of a single soccer team over two seasons, when they played in the two divisions.

Methods: Comparative study between two levels of professional soccer: the Spanish First Division (FD), and Second Division (SD). The original sample consisted of professional players of the same team whose injuries were prospectively recorded over the 2006–7 (SD) and 2008–9 (FD) seasons.

Results: Of a total of 101 injuries registered, 64 (63.4%) were considered minor, 26 (25.7%) moderate, and 11 (10.9%) major. The incidence of moderate or major injuries during training was three times higher in FD (3.36 vs 1.01; RR=3.30), as was the total number of injuries during match play (52.82 vs 16.01; RR=3.30). As regards days lost, the incidence was higher in FD, in both training (60%) and matches (30%). The number of days lost per 1000 h exposure was 50% higher in FD (129.60 vs 85.01 days/1000 h exposure).

Conclusions: The results show that in Spanish football, professional status may be a determining factor as regards injuries. These findings also confirm the fact that workplace injury risk is considerably higher in professional football than in most other sectors. It would therefore appear that clubs should take stock of the importance of developing injury prevention strategies, and use their financial resources to reduce the overall risk to clubs and players.

© 2013 Consell Català de l'Esport. Generalitat de Catalunya. Published by Elsevier España, S.L. All rights reserved.

* Corresponding author.

E-mail address: tania.f.v@gmail.com (T. Fernández Villa).

PALABRAS CLAVE

Epidemiología;
Fútbol;
Lesiones deportivas

Influencia del estatus profesional de los jugadores de fútbol en la frecuencia y gravedad de las lesiones: estudio piloto comparativo

Resumen

Objetivo: El propósito del estudio es evaluar la frecuencia y la gravedad de las lesiones sufridas en un mismo equipo de fútbol durante 2 temporadas en 2 divisiones.

Métodos: Estudio comparativo entre 2 estatus de fútbol profesional: Primera División (PD) y Segunda División (SD). La muestra consistió en jugadores profesionales de un mismo equipo cuyas lesiones se registraron prospectivamente durante las temporadas 2006-2007 (SD) y 2008-2009 (PD).

Resultados: De las 101 lesiones registradas, 64 (63,4%) fueron consideradas leves, 26 (25,7%) moderadas y 11 (10,9%) graves. La incidencia de lesiones moderadas o graves durante el entrenamiento fue 3 veces mayor en la PD (3,36 vs 1,01; RR=3,30), así como el total de lesiones durante el partido (52,82 vs 16,01; RR=3,30). En cuanto a los días de baja, la incidencia fue mayor en PD, tanto en entrenamientos (60%) como en partidos (30%). El número de días perdidos por cada 1.000 h de exposición fue un 50% mayor en PD (129,60 vs 85,01 días/1.000 h de exposición).

Conclusiones: Los resultados obtenidos muestran que en el fútbol español el estatus profesional puede ser un factor determinante de las lesiones. Además, estos resultados confirman el hecho de que el riesgo de lesión en el lugar de trabajo es considerablemente más alto en el fútbol profesional que en la mayoría de los demás sectores. Sería necesario que los clubes analizaran la importancia de desarrollar estrategias de prevención de lesiones y usaran recursos financieros para reducir el riesgo.

© 2013 Consell Català de l'Esport. Generalitat de Catalunya. Publicado por Elsevier España, S.L. Todos los derechos reservados.

Introduction

Association Football, or Soccer, is the world's most popular sport, with approximately 200,000 professional and 240 million amateur players.¹ This popularity has aroused a growing interest in soccer-related injuries, a great deal of research having been carried out over the past few years into risk factors, preventive strategies, management, incidence and severity.² Among potential risk factors identified are the football calendar,³ playing surface,⁴ physical effort,⁵ and players' skill proficiency.⁶ However, to the author's knowledge, little comparative evidence has been recorded regarding the influence of a team's competition status (league or division) on injury rate.

In Spain, the top two professional divisions have marked financial differences, a factor affecting sporting performance as well as the level of the teams.⁷ Traditionally, it has been observed that in the second division the game is strongly based on physical effort and less on technical skills, while the playing surfaces are usually less even. Thus, it could be hypothesized that there is a greater risk of injury for a second division player than for a first division one.

This study examines the frequency and severity of injuries sustained by the same soccer team over two consecutive seasons when it played in the two divisions, before and after promotion.

Methods**Subjects**

This is a comparative study between two levels of professional soccer: the Spanish First Division (FD), and Second Division (SD). The original sample consisted of professional

players of the "Real Sporting de Gijón Sociedad Anónima Deportiva" whose injuries were prospectively recorded over the 2006-7 (SD) and the 2008-9 (FD) seasons. All players gave written consent.

Procedure

All injuries were diagnosed by the club's medical staff and recorded by their senior physiotherapist on a specific injury report form designed for the study. The definitions and data collection procedures used followed the recommendations of the consensus statement for football injury studies.²

A recordable injury was defined as an injury received during competition or training that prevented the player from participating in competition or normal training for at least one day. Training exposure was defined as any physical activity carried out under the supervision of the team coach. Match exposure for players participating included all matches in which the team took part during the seasons considered. Injuries were categorized as "minor" (one to seven days), "moderate" (eight to twenty-eight days) and "major" (over twenty-eight days), based on the real (not estimated) length of time that the player took to recover and resume playing. Each injury was also classified according to its nature, location and mechanism or cause. Finally, we collected information on the laterality of the injuries, player position and days lost as a result.

Statistical analysis

The primary outcome measure was injury incidence (injuries/1000h of exposure) in training and match play. Secondary outcomes included injury severity and incidences of various injury types. We calculated relative risks (RR) with

Download English Version:

<https://daneshyari.com/en/article/2738725>

Download Persian Version:

<https://daneshyari.com/article/2738725>

[Daneshyari.com](https://daneshyari.com)