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EFFECTS OF APPLYING PHYSICAL ACTIVITY ON ANTHROPOLOGICAL STATUS OF CHILDREN, ADOLESCENTS AND ADULTS

EFEKTI PRIMENE FIZIČKE AKTIVNOSTI NA ANTROPOLOŠKI STATUS DECE, OMLADINE I ODRASLIH

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PAIN PREVALENCE AMONG TAEKWONDOO COMPETITORS

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Introduction

Taekwondo (TKD) is Olympic kicking combat sport with an increased risk of muscle skeletal injuries (Kazem, et al. 2009), training habits (Covarubias, et al. 2015). During a competition protective gear is obligatory, but during the training process usage of such gear is arbitrary. The aim of this study was to identify the characteristic pain prevalence in taekwondo athletes in order to indirectly decrease the number of injuries and organize safer training process.

Method

Subject sample of 103 taekwondo athletes with international competitive experience was divided into three subsamples according to their age category. SEFIP (Self Estimated Functional Inability because of Pain) questionnaire was used for data collection.

Results and Discussion

Most frequently pain has been reported in lower extremities: in the shins (93.2%), knees (40.8%), ankles/feet (29.1%) and thighs/back (24.3 %) region. χ^2 test determined a significant difference between study groups defined by the age in frequency of pain prevalence in the region of upper back and toes. Years of training and competition category significantly affect the prevalence of upper back pain and toes pain progressively with age of taekwondo athletes.

Conclusion

Early detection of lower intensity of pain in lower extremities can help in preventing the occurrence of injuries as well as in improvement of professional guidance and appropriate safety requirements for taekwondo athletes. This study has been supported by the Croatian Science Foundation (project number 6524).

Key words: health care, competitive TKD athletes, musculoskeletal pain.

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PREVALENCIJA BOLOVA KOD TEKVONDO TAKMIČARA

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Uvod

Tekvondo (TKD) je olimpijski udarački borilački sport sa povećanim rizikom od mišićno-koštanih povreda (Kazem i sar. 2009), usled trenažnih navika (Covarubias, i sar. 2015). Tokom takmičenja zaštitna oprema je obavezna, ali tokom trenažnog procesa upotreba ove opreme je proizvoljna. Cilj ove studije je bio da se otkrije karakteristična prevalencija bolova kod tekvondo sportista kako bi se indirektno smanjio broj povreda i organizovao bezbedniji trenažni proces.

Metode

Uzorak ispitanika koji se sastojao od 103 tekvondo vežbača sa međunarodnim takmičarskim iskustvom podeljen je u tri pod-uzorka prema njihovoj starosnoj kategoriji. Za prikupljanje podataka korišćen je upitnik SEFIP (samoprocenjena funkcionalna nesposobnost usled bola).

Rezultati sa diskusijom

Bolovi su najčešće prijavljivani u predelu donjih ekstremiteta: golenjačama (93.2%), kolenima (40.8%), skočnim zglobovima/stopalima (29.1%) i u predelu butina/leđa (24.3%). χ^2 testom je utvrđena značajna razlika u učestalosti prevalencije bolova u predelu gornjeg dela leđa i nožnih prstiju između ispitivanih grupa definisanih uzrastom. Godine treniranja i takmičarska kategorija značajno utiču na prevalenciju bolova u predelu gornjeg dela leđa i nožnih prstiju progresivno sa starošću tekvondo sportista.

Zaključak

Rano otkrivanje bola manjeg intenziteta u predelu donjih ekstremiteta može pomoći u prevenciji nastanka povreda, kao i u poboljšanju profesionalnog vođenja i odgovarajućih bezbednosnih zahteva za tekvondo vežbače. Ovo istraživanje je podržano od strane Hrvatske naučne fondacije (projekat broj: 6524).

Ključne reči: zdravstvena zaštita, TKD takmičari, mišićno-koštani bolovi.

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