

Abstract

Title: Evaluation of the most common injuries and health problems of professional table tennis players

Objectives: The main aim of this work is to evaluate the most common injuries and health problems of professional table tennis players in the Czech Republic. Another goal is to determine the level of use of regenerative procedures and compensatory exercises within the training plan of athletes.

Methods: The main method used in this thesis was a quantitative research by data analysis from non-standardized questionnaire. The questionnaire was distributed among professional table tennis players who participated actively in the district, regional, league or extra league competition in the Czech Republic or abroad in the 2018/2019 season. A total of 374 questionnaires were processed and evaluated, which corresponds to 62,33 % of the total number of sent questionnaires.

Results: Of the 374 table tennis players, 240 were injured (197 men, 43 women), which corresponds to 64,17% of the interviewed players. A total of 361 injuries were recorded. The research confirmed four out of six hypotheses. Statistical significance was noted between the injury and sex, and the statistically significant relationship between the injury and the different playing style was confirmed. Most injuries were in the area of the shoulder joint (20,50 %), followed by injuries to the lumbar spine (15,24 %), and knee joint (11,08 %). The most common type of injury was muscle injury. Almost half of the reported health problems were treated with a resting regimen. Only 42,11 % of injuries were part of the subsequent physiotherapy treatment. Compensation exercises were used by 70,32 % of respondents, only 29,41 % of the respondents included regeneration of the organism in their training plan.

Keywords: table tennis, sport injury, health problems, prevention, regeneration, physiotherapy