

Summary

Title:

Pains and Injuries Caused by Practicing Martial Arts

Objective:

To ascertain, by the means of survey, the most common kinetic system pains and sports injuries as a result of practicing martial arts. Additionally, to collect the data about warm-up, compensation exercises and regeneration and determine the effect of these on the frequency of kinetic system pains and sport injuries.

Methods:

81 respondents from 5 different martial arts took part in the survey. Each questionnaire illustrates objective information about the individual. Subjective feelings concerning kinetic system pains and sports injuries suffered in connection with martial arts are stated. Additionally, the survey is focused on the collection of data about warm-up, compensation exercises and regeneration.

Results:

The results describe the status regarding kinetic system pain and about sports injuries suffered by those practicing martial arts.

Key words:

martial arts, kinetic system pain, sports injuries