

Abstract

Title: Epidemiology of injuries in men's fastpitch softball

Objective: Objective of this thesis is to evidence occurrence of injuries in men's fastpitch softball and focus on each type of injury due to the players position, find out what players do to prevent from injuries and how long it takes them to return on the fields

Method: The non-standardized survey with closed questions was used as a method for this research. The survey was made in server survio.com in both Czech and English language and was sent to the world leading softball countries. Data was analysed in World Excel program.

Results: The results show that the most common injuries are fractures (15,8 %), torn/tear ligaments or tendons (15 %), sprains (15,4 %) and overstretched muscles (13,5 %). Other types of injuries are also frequented, but the above can be described as the most common. Injuries of the lower limbs are most common (51 %) and specifically injuries of the ankle (23,2 %). Most injuries occur during defensive skills (39,6 %) and during running around bases (36,4 %). In almost one third (28,6 %) of all cases, recovery took 3-4 weeks and more than half (62,3 %) of all injuries occurred during the match. In comparison between the positions, most injuries occurred to middle infielders with 4,1 injuries per player rate.

Keywords: injury, softball, injury prevention, comparison