

ABSTRACT

Title:

The Injury Rate in Professional Female Volleyball and its Relation to a Physiotherapeutic Care

Objectives:

The main aim of this thesis is to evaluate the injury rate in professional Czech female volleyball on the basis of data from the questionnaire. Another aim is to find out the level of regenerative and compensatory means used during the season and at the same time to find out whether the available physiotherapeutic care has an impact on the frequency and healing of injuries.

Methods:

The theoretical part of the thesis consists of a literary research of available Czech and foreign sources. To obtain data was created a non-standardized questionnaire, which was filled in by women players from the Czech extra-league competition older than 18 years. An analysis of the most common injuries, the use of regenerative agents and experience with physiotherapy were performed using a questionnaire. The obtained data were processed by software Microsoft Excel and by Chi-squared Test, Independent Two-Sample t-Test, Shapiro-Wilk Test and Wilcoxon Test.

Results:

Injury was reported by 44 probands from 76 total (56,6 % of respondents). The most common injury is ankle sprain (36,4 %), second most common injury is damage of shoulder joint, third most common injury is muscle damage (19,2 %). The regeneration procedures use 77 % of players, most often is a sauna (81,6 %). The use of regenerative aids was reported by 90,8 %, most often players use foam roller (90,8 %). The research confirmed one hypothesis out of five established. It was confirmed that if the players attended physiotherapy after the injuries, the time of convalescence was faster than those who did not attend it.

Keywords:

Volleyball, Injury Rate, Physiotherapy, Questionnaire