

## ABSTRACT

**Title:** Ankle joint injuries in young volleyball players, prevention options and subsequent rehabilitation

**Objectives:** The aim of this diploma thesis is to evaluate the number of injuries in the junior category of the 1st league and extra league volleyball in the Czech Republic with a focus on ankle joint injuries. Another goal is to examine the course of follow-up care after the injury and to find out the most frequently used preventive measures for the elimination of injuries.

**Methods:** The basis of this diploma thesis was quantitative research in the form of a questionnaire survey. To obtain the data, a non-standardized questionnaire was created, which included questions about injuries with a focus on the ankle joint, prevention rates and forms of follow-up care after the injury. The obtained data were processed using descriptive statistics and contingency tables, especially in Microsoft Excel 2003, and converted into a graphical form.

**Results:** 92 % of players were injured in the junior category of the 1st league and extra league of the top volleyball. The most frequently occurring mechanism of injury was contact with another player. The most common injured segment was the ankle joint, which was reported by 76 % of players. In terms of the severity of ankle injuries, we most often encountered stretched ligaments in 44 % of injured ankles. Of the primary preventive measures, most players use strength training in 67 %. As part of secondary preventive measures, the most widely used protective device is an orthosis in 63 %. Of the total number of players, 77 % are dedicated to regeneration. At the same time, the most common regeneration procedure was regeneration in a pool and sauna. Of all injured players, 79 % of players underwent a proper examination by a doctor. Only 28 % of players underwent therapy under the guidance of a physiotherapist after the injury.

**Keywords:** ankle joint; injury; juniors; top volleyball; rehabilitation; prevention