

Abstract

Title: Injury risks and their analysis in czech parkour community

Objectives: The aim of this bachelor thesis was to find out when, where and how the most common injuries in parkour happen, which individual body segments are most affected and a comparison of injury rates between parkour competitors and non-competitors.

Methods: The main methods used were analysis, synthesis and questionnaire survey. The subjects were parkour players aged 15 years and older. The questionnaire survey was used to obtain key information on injuries to recreational and elite parkour athletes.

Results: 90% of parkour athletes have suffered at least one injury in the last 3 years of parkour training. The average number of injuries in 3 years of training is for competitive parkour athletes 3.03 and for non-competitive parkour athletes 2.77. The most common type of parkour injury is joint injury i.e. in 44% (n=57 responses). The most common skills that cause injuries in parkour are flips i.e. 36% (n= 40 responses) and jumps (precision, tictac, catleap and others) i.e. 32% (n= 36 responses). The most common place where parkour injuries occur is outdoors, i.e. at 57% (n= 66 responses). The most common body segment injured while doing parkour is the ankle joint (n= 50 responses). The most common cause of injury in parkour is lack of concentration/inattention i.e. in 21% (n= 34 responses). Despite the high frequency of injuries, parkour does not appear to be a more dangerous sport than, for example, other traditional sports. From the analysis of the results and my own experience, I believe that the reduction in the incidence of injuries, is conditioned by the appropriate movement training of the individual in a safe and fully equipped parkour gym.

Keywords: movement, injury, free running, obstacle, training