

Abstract

Title: Injuries in volleyball and beach volleyball and their prevention

Objectives: The main goal of this diploma thesis is to compare the most common injuries in volleyball and beach volleyball in the Czech Republic and to find out their experience of subsequent recovery. Another goal is to find out what injury prevention athletes use and what experience they have with physiotherapy.

Methods: Data were used from a non-standardized questionnaire which was filled out by Czech players of volleyball and beach volleyball. The obtained data were processed by software Microsoft Excel into tables and graphs. The questionnaire was completed by a total of 102 respondents.

Results: It was evaluated that the highest frequency of injuries is found in the area of the ankle, knee joints and fingers in volleyball players. Conversely, beach players have a most injuries in the area of the lumbar spine and shoulder joints. They most often use kinesio tape of the compensatory aids and massage is the most popular from the forms of regeneration.

Keywords: injuries, questionnaire, physiotherapy, Czech Republic