

Abstract

Title: Incidence of injuries in the sport discipline pole dance

Problem specifications: Pole dance is a sport discipline that requires high demands on physical fitness, flexibility, coordination and grip strength. Apart from the physical demands, the level of risk of injury is related to the environment in which the sport is performed, as the activity takes place high above the ground on a vertical bar. Determining the incidence, most common location and type of injury, including the mechanism of injury, could be a key factor in preventive measures.

Objectives: The main aim of this thesis was to determine the incidence, mechanism and characteristics of injuries in pole dancing in the Czech Republic based on the analysis of data from a questionnaire survey, as there is not much information on this issue in domestic and foreign literature. At the same time, the aim of this work was to increase awareness of this sport and its risks among physiotherapists and physicians for the purpose of injury prevention, compensation and recovery in order to reduce the number of injuries and overload of the organism.

Methods: The theoretical background of the thesis is based mainly on foreign sources and available Czech literature. During August – October 2023, a retrospective data collection was carried out using a non-standardized questionnaire designed for the purpose of this thesis based on the available literature including socio-demographic data, training characteristics and questions related to the pole dance injury itself. Information was obtained from athletes over the age of 18 years who practice the sport in the Czech Republic. Respondents were not limited by performance category or length of pole dance experience. A total of 494 women between the ages of 18 and 59 participated in the study. Microsoft Excel 2019 was used for data analysis.

Results: Of the total 5311 respondents, 509 completed the questionnaire. After meeting the entry criteria and excluding the male population due to low participation, the research sample consisted of 494 women, whose average age was 30.5 years. Of all respondents, 53.8 % reported the occurrence of injuries caused by pole dancing. A total of 555 injuries were recorded. Higher frequency of injuries occurred in athletes in higher performance category. Incidence of injuries was related to the volume of training hours. Shoulder (19.5 %) and thigh (17.3 %) were the most frequently affected anatomical regions. Muscle injury was the most frequent type (36.9 %). In most cases

(27.5 %), the recovery period lasted 1-3 months. The mechanism of injury in a large number of cases was improper grip (22.9 %) and inadequate warm up (21.4 %) before training.

Keywords: pole dance, injury incidence, sports injury, musculoskeletal system, risk factors, prevention