

Abstract

Kovářová, K.: The most frequent injuries in orienteering, diagnostics, treatment and prevention of them.

Background: One of the basic tasks for every athlete is preventing injuries and overuse, while achieving good results. However, there is no review paper, where injuries in orienteering are generally reviewed and widely discussed.

Objectives: The aim of this work is to give a comprehensive overview of injuries in orienteering. At first, to compare the results obtained from the studies regarding injuries in orienteering and then to describe the injury patterns, diagnostic and therapeutic methods and procedures what can be used to prevent injuries described.

Methods: Pedro databases, PubMed and the databases of the National Medical Library and Central Library FTVS UK were the sources of studies (in Czech and English language) on injuries in orienteering during the years 1980-2008 (keywords *orienteering, injury*). Ranking of the frequency of the injuries has been compiled.

The injury patterns, basic diagnostic and therapeutic procedures, and methods which can be used to prevent these injuries are described in the following theoretical section .

Results: In the overall rating (average percentages representation types of injuries from studies in which the type is directly described) ankle injury appears to be the most frequent one (21,3%). Contusions and bruises (17,3%) and wounds (15,2%) follow. In the theoretical part, a comprehensive overview of knowledge about the ankle injury and prevention possibilities for orienteering is given.

Keywords: orienteering, ankle injury, injury pattern, diagnostics, treatment, prevention