

## Abstract

In the Czech Republic, floorball is becoming popular sport for people across all age and social groups. The expansion and quality improvement of floorball should be accompanied by specific medical attention due to a high injury occurrence. Hence, this bachelor thesis is focused on the injury rate and its influencing factors in top-level floorball league.

Methodology: 182 athletes (99 women and 83 men) from 20 floorball teams participating in the Czech top-level league were interviewed. The injury incidence as well as its occasion and consequences were investigated through non-standardised questionnaire. Concurrently, the research was focused on team's options for regeneration, the form of corrective exercise and the level of physiotherapy provided by floorball teams.

Results: The ankle sprain was the most common type of injury for men and women ( $p=0.0133$ ) and presents 20.1% of all observed injuries. Women sustained more injuries than men 2.5 and 1.8 injury per person respectively. The difference of the injury rate between defenders (84.3%) and offenders (73.2%) wasn't statistically significant ( $p=0.082$ ), thus it doesn't imply which post is more prone to injuries. The availability of physiotherapist significantly decrease the injury rate of athletes ( $p=0.0367$ ). 72.6% of athletes with physiotherapist got injured compared to 86.2% of injured floorball players with no access to this medical service. However, the regeneration didn't show statistically substantial impact on athlete's health ( $p=0.289$ ).

Conclusions: The survey proved that most common floorball injury is the ankle sprain. Women are more predisposed to injury associated with this game than men. Physiotherapist positively contributes to reduction in the injury rate.