

Abstrakt

Title:

The most common injuries in basketball

Objectives

The purpose of this thesis is to find out, by survey, which injuries are the most common among basketball players across various skill levels and age categories. At the same time, the purpose is to also find out the causes of these injuries, and whether or not rehabilitation was used during recovery.

Methods:

I gathered all the data necessary for this thesis via an unstandardized anonymous survey, which I administered to a study group. I analyzed the data that I collected through graphs and tables, and then I prepared the final analysis based on the results of the survey.

Results:

The conclusion of this thesis is based on the results of the survey. Based on the responses of the survey, I have come to the conclusion that the most common injuries occur in the lower limbs, especially in the knee and ankle joints, and specifically sprains. The cause of these injuries is the dynamic and aggressive movement of the game. Once fatigue sets in, players overestimate their abilities, their coordination worsens, and they are at greater risk of these injuries.

Keywords:

Injury, Basketball, Compensation exercises, regeneration