

Abstract

Thesis title: Prevalence of hypermobility and its potential impact on ice hockey players injuries.

Objectives: The primary goal of this thesis is to outline joint hypermobility based on available literature sources. Focus is on ice hockey players due to reason ice hockey is muscle and contact based sport. Secondary goal is to chart hypermobility presence on ice hockey players and detect possible connection between hypermobility and their previous musculoskeletal system injuries. There will be training improvement suggestions set according to analytical study results.

Methods: Theoretical part is based on foreign literature and researches. Practical part quantitative analysis monitors selected joints injury frequency and is focused on joint hypermobility presence in selected junior professional male hockey players, 16 to 19 years old. Information regarding injuries were gathered by questionnaire and joint hypermobility test was set by test battery created for this research using clinical physical tests by Janda, by Sachse, and by Hospital del Mar criteria. Results were analyzed in Microsoft Excel 2010. Hypermobility and injured segments matches were further analyzed.

Results: Results of this thesis clearly stated the answers for research questions which were placed. Prevalence of hypermobility in ice hockey players is 46% from all tested segments. Results also prove that there is a connection between injuries and joint hypermobility in more than 70% all injuries that happened. Despite this fact we cannot prove direct connection between these two factors. Overall suggestion is to improve general knowledge regarding this topic, especially for sport coaches and adjust training programs with adding more compensatory exercises.

Key words: joint hypermobility, injuries, ice hockey, physiotherapy, sports training