

Abstract

Title

Analysis and Prevention of the Most Common Injuries Among the Players of Futsal FIFA in the Czech Republic.

Objectives

The aim of this thesis is to introduce one of the dynamically developing modifications of Football – futsal FIFA, assess injuries and point out the importance of using preventive measures.

Methods

In this thesis, it is used the method of research available to Czech and foreign sources and the method of written questioning – non-standardized questionnaires. This method is used to analyse the most common injuries, injury prevention measures and to obtain information about existing experience of players with physiotherapy. This questionnaire was distributed to the 27 clubs playing futsal 1st, 2nd and lower league competition. A total of 400 players were approached, the data were processed by 236 players (59% return). For data analysis software was used Microsoft Excel® for Mac, 2011.

Results

It was injured 136 of the 236 surveyed players in season 2015/2016. It corresponds to 42% incidence of injuries. Data obtained from non-standardized questionnaire survey shows that the most common injury to players in the FIFA Futsal Czech Republic is the area of the lower extremity (66 %). Detailed analysis shows that the most common injured segment was ankle joint, which occupies 49 % of the injuries of the lower extremities. The most common mechanism of injury is contact with the player, which accounts for 27 % of all responses. 49 % of the surveyed players practiced compensatory exercises in the prevention of injuries. Effect of preventive measures, especially stretching, injury occurrence was demonstrated. Respondents, undergoing stretching before exercise, experienced a lower incidence of accidents than others. More than half of the players (55 %) have previous experience with physiotherapy.

Key words: futsal, sport, injury, prevention, regeneration, physiotherapy