



Epidemiological comparison of volleyball-related injuries between the players of the premier league of Iran and Italy in 2019-2020

Oral Presentation

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Abstract

Introduction: Unlike other team sports on the field, volleyball has less physical contact between players as teams are separated by a net. However, lower and upper limb injuries are common in volleyball players. Iran and Italy stand within the first 10 top world ranking of volleyball teams. The present study seeks to compare the epidemiology of volleyball-related injuries between Iranian and Italian Premier League players.

Method: The present study is descriptive and retrospective. Men volleyball players Lube of Italy and men volleyball players of Matin karasaze Varamin team of Iran participated in this study. Data were collected using a self-reported questionnaire and an injury report form which included the type and location of injury. The type and location of injuries were confirmed by the team physicians. Data were described using descriptive statistics (percentage and frequency) and using chi-square test at the significance level of 0.05. All statistical operations were analyzed using SPSS software version 22.

Results: The incidence of injuries in 1000 hours of competition and training for Lube team was 3.45 while the incidence of injuries was 4.35 for Matin karasaze Varamin team. Sprain was the most common injury in both teams. The most common location of injuries was fingers in Lube team and it was shoulder in Varamin team.

Conclusion: Findings indicate a relatively high prevalence of volleyball injuries especially in Varamin volleyball team. Sprain was the most common injury; fingers and shoulder were the most common location of injuries. Therefore, the medical staff of teams and clinicians are advised to take the necessary measures to prevent volleyball injuries by considering the potential risk factors associated with the volleyball injuries.

Keywords

Epidemiology; injury; Volleyball player

