

## **Abstract**

**Background** Floorball is a dynamically enveloping game that is gaining popularity worldwide. However, as the interest in the sport grows the number of acute and chronic injuries increase both absolute and relative.

**Objectives** The aim of this systematic review was to determine the prevalence of the most common acute and chronic injuries in floorball and to determine the effectiveness of intervention programs in preventing injuries in floorball.

**Methods** The bachelor thesis was conducted as a systematic review in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Statement (PRISMA). The electronic databases PubMed, Web of Science and Scopus were used to retrieve relevant papers.

**Results** A total of 17 cohort or cross-sectional studies and 5 intervention studies were included in the final selection, all the studies focused on different aspects of injuries in floorball players. The total number of participants in these studies was 7,256 and the mean age ranged from 10 to 30.9 years. The most common injuries were knee and ankle ligament injuries. Eye injuries were also frequent. Intervention programs resulted in a reduction in injuries, particularly in males and younger individuals.

**Conclusions** The use of intervention programs appears to be effective in preventing acute injuries and should be incorporated into weekly training for this sport at all performance levels to prevent unnecessary injuries. Just as the use of protective equipment including goggles or mouthguards should become commonplace, not only in youth categories.

**Keywords** Floorball, injuries, fault of injuries, injury prevention, player