

Abstract

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Title: Analysis of the most common injuries among the players of floorball aged 7–18 and the influence of the compensatory methods on their prevention.

Objectives: The main aim of this thesis is to analyse the most common injuries among young people who regularly play floorball and find out the effect of the intervention of a physiotherapist or the application of compensatory exercises in the training process on the incidence of injuries. It is also important to compare the availability of physiotherapists for individual youth teams and whether the provided care is sufficient to prevent injuries. Furthermore, the aim is to verify whether the most affected segment even among floorball youth is the ankle joint, which in studies focused on the adult category has repeatedly emerged as the most frequently injured area of all parts of the body. Moreover, my effort is to evaluate the most common causes of injuries – whether a collision with another player is more probable risk factor than an injury caused by one's own fault.

Methods: The special part consists of a study that was conducted using a non-standardized questionnaire survey. The questionnaire was sent deliberately in an electronic form to all clubs in the Czech Republic via the general secretary of the Czech Floorball. A total of $n = 128$ responses were recorded, meeting the age criteria of 7–18 years (average age – $12,97 \pm 2.87$ years). The resulting analysis was carried out using contingency tables and the chi-square test in Microsoft Excel.

Results: It was confirmed that the most frequently injured area of the body in youth floorball is the ankle joint. On the contrary, no significant effect of the application of compensatory exercises was demonstrated ($p = 0,704$) on the frequency of injuries. It also failed to prove a positive effect of the correct eating and drinking regime and the use of dietary supplements or vitamins on the frequency of injuries ($p = 0,172$). A positive finding is that 71 % of study participants engage in compensatory exercises at least once a week and 62 % use a compensatory aid in the form of a massage roller. The availability of physiotherapist for youth teams is very low, as only 16 % of respondents stated that they have a physiotherapist available for the team. This finding is reinforced by the fact that 48 % of injuries are reported as “No external

factors”, and therefore providing better quality care could significantly reduce the frequency of injuries.

Conclusion: The aims of the thesis have been fulfilled. It has been confirmed that the most frequently injured area of the body is the ankle joint. It was found no significant effect of the application of compensatory exercises of the frequency of injuries. It was also not possible to confirm the positive effect of the correct eating and drinking regime and the use of dietary supplements or vitamins on the frequency of injuries. The recommendation resulting from the results of this study is the increased education directly of the players or their parents regarding a high-quality non-training regime, such as the integration of compensatory exercises, quality sleep, proper lifestyle and adequate intake of food supplements or vitamins.

Keywords: floorball, sport, injuries, youth, prevention, compensatory exercises, physiotherapy