

Abstract

Title: The most common joint and muscle injuries of the lower limbs and regeneration in floorball

Objectives: The aim of this bachelor thesis is to find out what are the most common joint and muscle injuries in floorball, under what conditions they arise. Summarize all available regenerative methods and means that are used in the sport and to briefly characterize them. Another aim of the thesis is to determine whether appropriately chosen and regular regeneration reduces the risk of injury.

Methods: The bachelor thesis deals with the topic of the most common joint injuries, muscle injuries, regenerative means and whether their regular and appropriate use can prevent injuries. This topic will be focused on the category of women and men in the highest floorball competitions in the Czech Republic. The thesis is divided into two parts, theoretical and practical. In the theoretical part of the work is described floorball in terms of load and impact on athletes, the most common joint injuries of the lower limbs, the most common muscle injuries of the lower limbs, a summary of all available regenerative methods and means that can be used in sport. The practical part includes a quantitative research method, which is mediated by a questionnaire survey completed by players from selected extra-league and superleague teams.

Results: Conclusion of the analysis: the presence of a physiotherapist is not a decisive factor for injury. Women have a higher injury rate than men. The most common injuries are in the lower limbs, especially distortion of the ankle. Compensatory exercises do not significantly affect the risk of injury but may slightly reduce the injury rate in men. Regular recovery is also not a decisive factor. Overall, there are several factors influencing injury risk in athletes, but none is clearly decisive.

Keywords: floorball, injury, regeneration