



Why Sport Injury Studies Are a Complex Process?

Keynote Speaker

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Abstract

Epidemiology study in sport injuries describe the frequencies, types, causes of musculoskeletal injuries during competition and exercise in sport and athletic activity. Average 10-12 percent injuries (1000-1200 injuries out of 11000 Top Athletes) in Olympic Games since Athens 2004-Rio 2016 indicates that risk factors in sports should be recognized and they would be manageable. We need to look to different ways of knowing to better understand the epidemiology studies and its findings implications regarding prevention and return to sport/games.

Despite considerable effort from researchers, coaches, athletic trainers, athletes, managers, physiotherapists, practitioners, it is becoming apparent that a change in sport injury studies is needed. To prevent sport injury and return to sport developing and implementing documented Interventions with sufficient compliance are needed. In developing these interventions injury characters, sociodemographic factors such as physiological, psychological and social-contextual factors should be carefully considered for better functional performance. From the sustainable athletic development training is not just limit to strength, flexibility, and cardiovascular domain but also focuses on the fundamental ABC's of agility, balance, and coordination as a foundation for enhance movement and skills.

Keywords

Epidemiology; Sport injuries; Return to sport

