

Injury risks for fitness instructors: a review of key factors

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INTRODUCTION

Fitness participants has been increasing in the last years¹. The clients demand and the increase in the number of class's number, contribute for an higher injuries and workload exposure to the fitness instructors (FI). The FI are mainly exposed to high volumes of classes and injuries risks due the high number of students and classes^{2,3}. As far as our understanding goes, FI are 50% more propene to injuries incidence in comparison to students. Thus, the aim of this study was to assess by a bibliographic research the health and injuries risk in FI.

METHODS

This is a bibliographic review made in PUBMED, Google Scholar, SCIELO and Web of Science. The used keywords were “fitness instructors injuries”, “fitness professor’s injuries”, e “fitness instructor’s risks”. From an analysis of 23 papers, ten were chosen considering, title and abstract. After a full and integral analysis, only five papers were selected for revision. The others did not aimed to analyse the injuries and the health risks for FI. The selected papers approached the injuries and health risk factors for FI.

RESULTS

There is a positive and significant correlation between the academic levels and injuries incidence prevention in FI and students⁴. FI with higher academic degrees, prevent higher frequency of injuries events. The injuries prevalence was superior in FI than in students (72.4 – 75.9% and 22.8 – 43.3% respectively)^{5,6}. The injuries type were general inflammations, muscle strains or sprains and stress fractures by overuse⁷. The FI are more exposed to injuries than students (0.17 injuries/100h vs 0.15/100h of practice, respectively) and about 77% of the injuries were in the lower limbs⁸.

CONCLUSIONS

There is a lack of research in FI injuries risk of factors. However, FI seem to have a higher exposure to injuries in comparison to students. The high workload seem to be determinant to the incidence of overuse injuries.

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