

## **Abstract**

**Title:** Injuries In Basketball And Their Potential Prevention

**Objectives:** The objective of my work was to define injuries which occur in basketball and to suggest prevention that can eliminate the birth of injury or speed up the convalescence.

**Methods:** Research and comparison from foreign and Czech literature. I excerpted from literature and suggested potential prevention.

**Results:** I ascertained that the most common injury is injury of lower limb, especially the injury of hock joint. The second mostly affected areas are knee ligaments. Most usual kind of injury is distortions (sprain) which is caused by direct contact with other player during the match. The cause of the distortions are frequent changes of direction, landing on the court or trodding on opponent's foot.

**Keywords:** Basketball, injuries, prevention, regeneration