

Abstract

Title

The issue of groin injuries and risk factors affecting this type of injuries among football players.

Objectives

The main objective of this thesis is to summarize theoretical findings regarding the groin injuries among soccer players and to prove efficiency of preventive training program aimed at reduction of groin injuries incidence in soccer players.

Methods

The theoretical part deals with the given issue as a research and theoretical overview of the current findings, based on Czech and especially foreign literature. Findings of theoretical part were obtained by foreign periodicals, monographies and electronic database, mostly PubMed and PEDro. In the second part of thesis a preventive training program was applied at a specific group of soccer players (n=42) in age U16 (n=20) and U17 (n=22). Selected group of probands performed preventive intervention training once a week for 6 months. After that results were compared with the same time of season in the previous year, when no preventive measures had been taken. Information about previous injury has been obtained by non-standardized questionnaire.

Results

Based on the literature review previous injury is considered to be the most significant risk factor for new injury in groin. Other significant risk factors include untimely return to training process or inadequate rehabilitation. During the two observed periods fifty injuries have been evidenced. Forty three of them were on lower extremity. The most significant number of injuries was located on lower extremities, more than 72 %. Foul was the most common injury mechanism while the most significant risk factor turned out to be previous injury which participated in more than half injuries in the groin region. During the season 2013/2014 a total amount of twenty-three injuries on lower extremities were registered, seven of them included

groin area, which corresponds to 30 % of total injuries incidence. The following season twenty injuries were reported, four of them in groin area, which corresponds to 20 % of total amount.

Keywords: groin, injury, pain, soccer.