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VaniukO.I.[1], Baz V.I.[2]
[1.]PhD (Physical Education and Sports), senior teacher NU "Zaporizhzhia Polytechnic"
[2.]student of group ЮО-210 NU "Zaporizhzhia Polytechnic"

ANALYSIS OF INJURIES IN ATHLETICS

Injuries in sports are one of the most urgent problems and, of course, the most discussed. First of all, sports injuries are practically unpredictable. In addition, injury is the main reason for the end of a sports career. Injuries are classified according to severity. VC. Dobrovolsky and V.A. Trofimov show that minor injuries account for 91.1%, medium - 7.8%, and severe - 1.1% of all injuries in sports. Injuries are classified by type (bruise, sprain, fracture, etc.). Injuries in different sports are not the same. The degree of risk of injury in various sports, the researchers calculate the ratio of the number of injuries per 1000 athletes who were at risk of injury (3. S. Mironova and L. 3. Kheifets, 1967 [7]).

Scientific works on this topic are most often of a statistical nature, stating the frequency of certain injuries and not going into an analysis of the cause-and-effect relationships of the problem. The researchers note that typical injuries in athletics in sprinters are sprains and tears in the muscles of the thigh, lower leg, ankle ligaments, and Achilles tendon. Stayers have abrasions of the feet, chronic diseases of the tendons and muscles of the foot and lower leg (tendovaginitis), jumpers have sprains of the ankle and knee joints, damage to the menisci, and throwers have sprains and muscle tears of the upper limbs, shoulder girdle, and back [1].

According to the localization of injuries in athletes, injuries of the lower extremities are most often observed (on average, about 50%), especially the joints, mainly the knee and ankle (V.F. Bashkirov [2]).

Injuries and diseases of the musculoskeletal system in jumpers and runners are also predominantly localized in the lower extremities.

Analyzing the causes and mechanisms of traumatic injuries in athletes of speed-strength sports, researchers agree that the vast majority of injuries in sports occur as a result of shortcomings, and sometimes errors, either in the training process or in the competitive activity of an athlete.

In addition, attention is drawn to the individual characteristics of an athlete (state of health, degree of preparedness, etc.) in the development of a sports injury.

One of the most common mistakes is the discrepancy between the morpho-functional capabilities of a beginner athlete and the requirements of the chosen sport. Another group of causes is repeated microtraumas arising from excessive load or overwork and leading to morphological changes in the tissues of the musculoskeletal system (MSA). Chronic microtraumatization occurs more often in the places of attachment of ligaments and tendons to the periosteum, where nutritional conditions are less favorable. Chronic overstrain of the muscular system, tendons, and ligamentous apparatus, arising from systematic exercises with increased physical activity, or the irrational use of physical exercises, can lead to a decrease in the functional state of the ligamentous-muscular apparatus, which is a direct cause of sports injuries.

Experts believe that the causes of injuries in athletes most often lie in methodological and pedagogical miscalculations. It is believed that the vast majority of injuries occur due to either the influence of objective factors (inaccuracies of an organizational and methodological nature) in the training process and competitive activity of an athlete, or the influence of a subjective factor (the degree of tactical, technical, physical, moral and volitional preparedness, the state of health of an athlete, etc.).

LITERATURE

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