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Analytical study of injuries among taekwondo players and boxers of Osmania University, Hyderabad

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Abstract
Engaging in Sport activities has numerous health benefits but also carries the risk of injury. Combat sports include four Olympic sports (boxing, wrestling, judo, and taekwondo) and other popular sports such as karate, boxing, and Wushu. These sports are popular in most countries of the world, both at competitive and fitness levels. Combat sports are practiced by people of different ages for a variety of reasons such as to gain fitness and health benefits and to learn self-defense. The sample for the study consists of 50 male players engaged in Two combat sports (taekwondo and boxing), the age group of 18 to 20 years. 25 Taekwondo Male Players and 25 Male Boxers those who have participated in the O.U. Inter College Taekwondo and Boxing Championships. The Data is collected through questionnaire from Taekwondo Players and Boxers. The Results of the Study shows that Boxers are having the Upper Extremities injuries are 15 %, lower extremities injuries are 30 %, Head 30 %, Neck 15 % and vertebral Column 10% and Taekwondo players are having the Upper Extremities injuries are 10 %, lower extremities injuries are 60 %, Head 15 %, Neck 5 % and vertebral Column 10%. It is concluded that Combat sports persons must have good conditioning to avoid the injuries. This type of study is useful to coaches to give proper coaching for development of motor qualities for prevention of injuries among players. Key words: Injuries, lower extremities, upper extremities, Vertebral column etc.

Keywords: Analytical, Taekwondo, numerous, Olympic

Introduction
Engaging in Sports Activities has numerous health benefits but also carries the risk of Injury. At Every Age Sports Persons sustain a wide variety of soft tissue, bone, ligament, tendon and nerve injuries caused by direct trauma or repetitive stress. Different sports are associated with different patterns and types of injuries, whereas age, gender and type of activity influence the prevalence of injuries. Sports trauma commonly affects joints of the extremities i.e.knee, ankle, hip, shoulder, elbow, wrist and spine. The sports injuries that occur in competition or practice has loss of time for participation in Sport.

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According to the TRIPP model (Finch, 2006) [1], the first step in injury research is to understand the extend of the problem. The prevalence and prevalence proportion of sport injuries has been widely investigated across sports. Unfortunately, such studies have only included groups selected by either one or more criteria, such as specific sport (Jacobsson *et al*., 2012) [2], level (Hall *et al*., 2013), age (Scase *et al*., 2012) or injury type (Maselli *et al*., 2015).

For the classification of injury diagnosis and locations, the criteria that Kazemi *et al*. used in 2009 [3] were adopted. According to these criteria, injury diagnoses were categorized as contusions, sprains, strains, fractures, joint dysfunction, and concussion of the brain, facial laceration, facial fractures, jaw dislocation, etc.

Purpose of Research
This study was designed to assess the prevalence, distribution, and patterns of injuries among Taekwondo Players and Boxers of Osmania University, Hyderabad.

Population and Sample Group
The sample for the study consists of 25 Male Taekwondo Players and 25 Male Boxers between the age group of 18 to 20 years of Osmania University, Hyderabad.

Methodology
Questionnaire forms were used to collect the data and were distributed to participants who regularly practiced combat sports in taekwondo and boxing and also during the Osmania University Inter College Boxing and Taekwondo championships.

The form included items on age, gender, length of practice, injury diagnosis.

1. Lower Extremities
2. Upper Extremities
3. Head
4. Neck
5. Spine

Results
The Results of the Study shows that Boxers are having the Upper Extremities injuries are 15 %, lower extremities injuries are 30 %, Head 30 %, Neck 15 % and vertebral Column 10% and Taekwondo players are having the Upper Extremities injuries are 10 %, lower extremities injuries are 60 %, Head 15 %, Neck 5 % and vertebral Column 10%. It is concluded that Combat sports persons must have good conditioning to avoid the injuries. This type of study is

useful to coaches to give proper coaching for development of motor qualities for prevention of injuries among players.

Table 1: Percentage of Injuries among Taekwondo players.

lower extremities injuries	Upper Extremities	Head	Neck	Vertebral Column
60	10	15	5	10

Table 2: Percentage of Injuries among Boxers

lower extremities injuries	Upper Extremities	Head	Neck	Vertebral Column
15	30	30	15	10

Sprains and strains are the most common injuries in Taekwondo Players and Boxers. The severity of these injuries varies. Cartilage tears and anterior cruciate ligament (ACL) sprains in the knee are some of the more common injuries that may require surgery. Other injuries include fractures and contusions from direct blows to the body.

Shin splints (soreness in the calf), patellar tendinitis (pain in the knee), and Achilles tendinitis (pain in the back of the ankle) are some of the more common soccer overuse conditions. Soccer players are also prone to groin pulls and thigh and calf muscle strains.

Injuries to the upper extremities usually occur from falling on an outstretched arm. These conditions include wrist sprains, wrist fractures, and shoulder dislocations.

Research Recommendations

Sufficient warm-up, proper technique, correct bio mechanics, proper conditioning, optimizing balance, coordination, optimizing reaction times, optimal diet, adequate rest, positive attitude will reduce the risk of injuries. Increase your flexibility by performing dynamic warm up prior to practice and competition followed by static stretching post activity.

Recommendations' for further Research

Consult a Coach or Physical Trainer to incorporate the conditioning Programmes during the practice. Have a pre-season physical examination and follow your doctor's recommendations. Avoid overuse injuries — more is not always better! Many sports medicine specialists believe that it is beneficial to take at least one season off each year. Try to avoid the pressure that is now exerted on many young athletes to over-train. Listen to your body and decrease training time and intensity if pain or discomfort develops. This will reduce the risk of injury and help avoid "burn-out" Speak with a sports medicine professional or athletic trainer if you have any concerns about injuries or injury prevention strategies.

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