Taekwondo Injuries During training, Incidence and prevention
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The physician must view patients in their own world.

Dr. Harvey Cushing (1869 – 1939)
In Taekwondo field

• One Player
• One Coach
• One Doctor

Let’s be a part of the game.
injuries related to Kyorugi
Injuries related to poomsae
Types of injuries

• Contact Injuries: Kyrougi only
  Training and competition

• Non contact injury: Both Kyorugi and poomsae
  Training and competition
1-Extrinsic Risk Factors

- Skill Level.
- Level of training and competition.
- Specialty in Taekwondo.
- Shoe type.
- Ankle bracing.
- Playing surface.
Intrinsic Risk Factors

- Age.
- Sex.
- Phase of menstrual cycle.
- Previous injury and improper rehabilitation.
- Body size.
- Keeping reasonable weight
- Aerobic fitness.
- Anatomical alignment.
- Limb dominance.
- Flexibility.
- Joints laxity.
- Muscle tightness.
- Muscle strength and reaction time.
- Stability.
- Foot morphology
Some challenges we face

**Training**

- Relation of different training techniques to incidence of injury.
- Injuries and health problems related to *excessive weight loss*.
- Issues related to certain groups: Younger athletes, Female athletes and para taekwondo.
Some challenges we face

competitions

• The type of competition
• The changes in rules.
• Protectors and taping.
• Developing and recommending medically advised protectors??
Analysis of injuries in taekwondo athletes

- MinJoon Ji, PhD (Department of Sports Science, College of Natural Science, Kyungnam University)
  Published online 2016 Jan 30.
Injury site

- The top five most frequent locations of injury, in order of decreasing frequency, were:
  - Foot
  - Knee
  - Ankle
  - Thigh
  - Head
Injury types

The five major injuries were:

• Contusions.
• Strains.
• Sprains.
• Fractures.
• Concussions.
Injuries in elite Taekwondo Poomsae athletes

• Mohsen Kazemi, RN, DC, MSc., FRCCSS(C), FCCPOR(C), DACRB, PhD (Candidate),\textsuperscript{1} Anas Ingar, BPHE (Hons), DC,\textsuperscript{1} and Ali Jaffery, BSc (Hons).

\textit{J Can Chiropr Assoc.} 2016 Dec; 60(4): 330–341
Injuries in elite Taekwondo Poomsae athletes

Strains (38%) and joint dysfunctions (34%) were the most prevalent injuries among those athletes. (3 years)
Lystad, Graham, Poulos: Epidemiology of training injuries in amateur taekwondo athletes: a retrospective cohort study

*Published online 2015 Apr 24. doi: 10.5604/20831862.1150303*
Epidemiology of training injuries in amateur taekwondo athletes

• The vast majority (81.5%) of taekwondo injuries occurred during training. The patterns and severity of injuries were, by and large, the same for training and competition.
Thank You!!