

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:
Kyorugi 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)
- [J Phys Ther Sci](#). 2016 Jan; 28(1): 231–234.

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), FCCPDR(C), DACRB, PhD (Candidate),¹ [Anas Ingar](#), BPHE (Hons), DC,¹ and [Ali Jaffery](#), BSc (Hons).

[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. (3years)



Lystad, Graham, Poulos:
**Epidemiology of training injuries in amateur
taekwondo athletes: a retrospective cohort study**

Biol Sport. 2015 Sep; 32(3): 213–218.

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



WORLD TAEKWONDO FEDERATION