### Taekwondo Injuries During training, Incidence and prevention Dr. Hassan Kamal, MD

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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

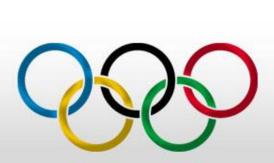


## Some challenges we face

#### **Training**

- Relation of different training techniques to incidence of injury.
- Injuries and health problems related to <u>excessive weight loss</u>.
- 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 <u>taping</u>.
- 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), FCCPOR(C), DACRB, PhD (Candidate), Anas Ingar, BPHE (Hons), DC, 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)





## 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

