

# Survey of Common Injury among West Zone inter University Mens Handball Players

Mr. Ashutosh Pathrod\*

Research Scholar, School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore

**Abstract** - Handball is a vigorous and very injury prone sport involving the great physical demands Thus the player who played handball were were know about the consequences all that and there overall preventions. So this survey provides the actual relevance of injuries in handball which is played outdoor in in Indian conditions the source of the data is gathered by the researcher through questionnaire method.the data of 100 number of players were found to be suitable to evaluate most frequent injuries in handball are located in lower extremities spacially in ankle joint25% followed by knee joint 25% and in upper extremities there were wrist 18%and shoulder15% was commonplace to occur injuries 100% players who played handball were found to have injuries in their overall career.

**Keywords** - Handball, overuse injuries, acute injuries, sprain, contusion, strain, ligament, fracture and dislocation

## INTRODUCTION

Handball is a sport that considered to be widely competitive among sports persons ,handball needs highly physical and skill related fitness demands to compete in a standard Match. In playing conditions there are numerous vigorous movements like: sudden change of directions, throws, jumps and many body contacts and tackling's. All this situations and conditions make this game more injury prone as well as outdoor handball which is most common practice in Indian conditions are also very injury prone.

Injury rate is very high among elite handball players especially overuse injuries International Olympic Committee ranked this game most injury prone in handball studies on injury and their prevention is very popular among researchers in previous decades

It is important to understand about overall training and skills in handball which is determining factor to be understanding the cause of the injuries and there preventions and to make the injury profile of handball players

Frequent change of directions, throws Sprint tackles, jumps and hard landings These are some common situations where the handball players will be injured As well as very high degree of stress is also placed on handball players shoulders caused by frequent passes and throws these are some more common causes leads to overuse and acute injuries Other body parts like ankle, knee, back also involved to be injured in the playing conditions and in match situations.

**Some common volleyball injuries are:-**1. Ankle sprain, 2. Knee injury, 3.muscle strain, 4.thigh contusion 5. Jumpers knee, 6. Back pain, 7. Shoulder injuries (Throwers Shoulder) 9. Contusion 10. Finger injuries

## METHODOLOGY

The survey method was used in conducting the study. The essential information was collected through the questionnaire method which was administered by scholar personally on the handballplayers.The researcher prepared the questionnaire in consultation with experts and guide. Utmost care was taken in preparing questionnaire to ensure maximum coverage of the field of study, so as to obtain meaningful response.

**Table no.1**

Question –“Did you suffer from any type of injury?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Yes	100	100%
1	100	No	0	0%

Table no. 1 shows that 100% of west zone universities handball players got injuries.

**Table no.2**

Question –“Under what situation did you suffer injury?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	During competition	62	62%
2		During normal regular practice	12	12%
3		During training	9	9%
4		Default of equipment	7	7%
5		Caused by opponent	10	10%

From table no.2 it is evident that 62% players injured during competition, 12% players injured during normal regular practice,9% players injured during training,7% players injured by the fault of equipment, and 10% players injured caused by opponent.

**Table no.3**

Question –“Mention the body part which suffered most injury ?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Neck Injury	4	4%
2		Shoulder Injury	15	15%
3		Elbow Injury	6	6%
4		Wrist Injury	18	18%
5		Finger Injury	3	3%
6		Back Injury	7	7%
7		Thigh Injury	6	6%
8		Knee Injury	15	15%
9		Ankle Injury	25	25%
10		Other Injury	1	1%

Table no.3 shows that 4% players suffered from neck injury, 15% players got shoulder injury,6% players got elbow injury ,18% players got wrist injury ,3% players got finger injury, 7% players got back injury, 6% players got thigh injury, 15% players got knee injury, 25% players got ankle injury, 1% players got other injury.

**Table no.4**

Question –“what was the reason of injury?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Faulty moves	35	35%
2		Attitude	30	30%
3		Lack of protective gears	10	10%
4		Overload of training	25	25%

Table no.4 showed that 35% players got injury because of faulty moves, 30% players got injury because of attitude, 10% players got injury because of lack of protective gears, 25% players got injury because overload of training.

**Table no.5**

Question –“what kinds of injuries you suffered most?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Muscular	25	25%
2		Bone related	15	15%
3		Joint related	40	40%
4		Ligament	20	20%

Table no.5 shows that in 25% players suffered by muscular injuries, 15% players suffered by bone related injuries, 40% players suffered by joint related injuries, 20% players suffered by ligament injuries.

**Table no.6**

Question –“Did you suffer injuries of following nature?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Dislocation	15	15%
2		Fracture	10	10%
3		Sprain	35	35%
4		Strain	30	30%
5		Contusion	10	10%

Table no.6 shows that 15% volleyball players suffered by dislocation, 10% volleyball players suffered by fracture, 35% volleyball players suffered by sprain, 30% volleyball players suffered by strain, 10% volleyball players suffered by contusion.

**Table no.7**

Question –“ How many days of practice session did you lose because of injury?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Less than one week	28	28%
2		Two weeks	36	36%
3		Three weeks	18	18%
4		Four weeks	11	11%
5		More than one month	7	7%

Table no.7 shows that 28% volleyball player's loss the practice session for less than one week because of injury,36% players for two weeks,18% player for three weeks,11% players for four weeks and 7% players for more than one month loosed the practice session.

**Table no.8**

Question –“what was your state of mind when injured?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Depressed	29	29
2		Excited	8	8
3		Confident	12	12
4		Relaxed	11	11
5		Fearful	10	10
6		Nervous	30	30

Table no.8 shows that 29% players state of mind was depressed,8% players was excited,12% players was confident,11% players was relaxed,10% players was fearful and 30% players was nervous.

**Table no.9**

Question –“After injury whom have you consulted?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	General doctor	25	25%
2		Physiotherapist	41	41%
3		Sport medicine expert	21	21%
4		Traditional healing	8	8%
5		No one consulted	5	5%

Table no.9 reflects that 25% players consulted the general doctor, 41% players consulted the physiotherapist, 21% players consulted the sport medicine expert, 8% players consulted the traditional healers, 5% players did not consult any one.

**Table no.10**

Question –“For injury how long did you take treatment?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	One day	25	25%
2		One week	60	60%
3		One month	15	15%

Table no.10 reflects that 25% players take treatment for one day, 60% players take treatment for one week, 15% players take treatment for one month.

**Table no.11**

Question –“Do you undertake physiotherapy treatment and rehabilitation?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Yes	80	80%
2		No	20	20%

Table no.11 shows that 80% injured players took the physiotherapy treatment and 20% players were not taken the physiotherapy treatment.

**Table no.12**

Question –“Are you satisfied with the treatment you received from the consulted expert?”

S. No.	Total subjects	Response	Frequency	Percentage
1	100	Yes	75	75%
2		No	25	25%

Table no.12 shows that 75% players satisfied with the treatment and 25% players were not satisfied with the treatment.

## CONCLUSIONS

On the basis of the findings of the present study the following conclusions are drawn:

1. 100% handball players which are university level players of west – zone inter-university was found to have injury during their overall playing career.
2. That 10% of the injuries of many body parts of players were caused by opponent.
3. The most common injured body parts was Ankle (25%),wrist (18%) and shoulder & knee (15%).

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## Corresponding Author

**Mr. Ashutosh Pathrod\***

Research Scholar, School of Physical Education,  
Devi Ahilya Vishwavidyalaya, Indore