

4036063 SIPT/M : MAJOR : PHYSIOTHERAPY; M.Sc. (PHYSIOTHERAPY)
KEY WORDS : SEPAKTAKRAW, INJURY, EPIDEMIOLOGY

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SEPAKTAKRAW TEAM. THESIS ADVISORS : WATTANA
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This study aimed to determine epidemiology of Sepaktakraw injuries such as incidence, severity, area, type and mechanism of injuries in 12 Thai male national Sepaktakraw athletes who participated in one international tournament. A questionnaire and other forms were used in this prospective study for collecting information of injuries during training and competition. The initial treatment, consequence and history of previous symptom were also recorded. Categories of injuries included 1) the injuries that make athlete require medical or physiotherapist attention and 2) injuries that have obvious tissue damage. Time loss period from sport activities produced by the injuries was used to determine severity level of those injuries.

At the end of this tournament, 53 injuries were recorded during 3903.5 hours. Incidence was 13.58 injuries per 1,000 player-hour. Forty-six injuries were found during training (11.90 injuries per 1,000 player-hour) and 7 injuries during competitions (177.22 injuries per 1,000 player-hour). Twenty-five of 53 injuries had previous symptoms. Nineteen of all 25 injuries had those symptoms occasionally and all the time. There were 10 injuries in feeders (9.88 injuries per 1,000 player-hour), 14 injuries in servers (10.55 injuries per 1,000 player-hour) and 29 injuries in attackers (18.54 injuries per 1,000 player-hour). The majority of injuries did not disturb sport activities or no time loss. The top four sites of injuries were at ankle, knee, thigh and hip. Strain, sprain and spasm were common in this study. There were 33 acute injuries and 20 overuse injuries. For 33 acute injuries, 14 injuries were found during attacking, 4 injuries during serving, 4 injuries during blocking, 2 injuries during feeding, 8 injuries during other activities and 1 injury, which could not be specified. Aggressive landing, swinging and fluttering in the air were the majority of movement that caused injuries

From the result of this study, this athlete group had a high incidence of injuries (13.58 injuries per 1,000 player-hour). The aggressive activities of Sepaktakraw could produce many injuries especially, at lower extremities, although those injuries were usually not severe. Muscle and tendon injuries were common in Sepaktakraw activities. The possible factors related to number of injuries might be aggressive activities, incomplete healing and education of injury management. For further study, the other risk factors such as supportive devices, psychology effect were interesting to investigate. Moreover, preventive intervention would also be experimentally proceeded to reduce amount and severity of injuries in this athlete group.