SÉRÜLÉS MEGELŐZÉS TUDOMÁNYOS DIAGNOSZTIKÁVAL

Trzaskoma Łukasz

„Prevenció, regeneráció és rehabilitáció a sportban”

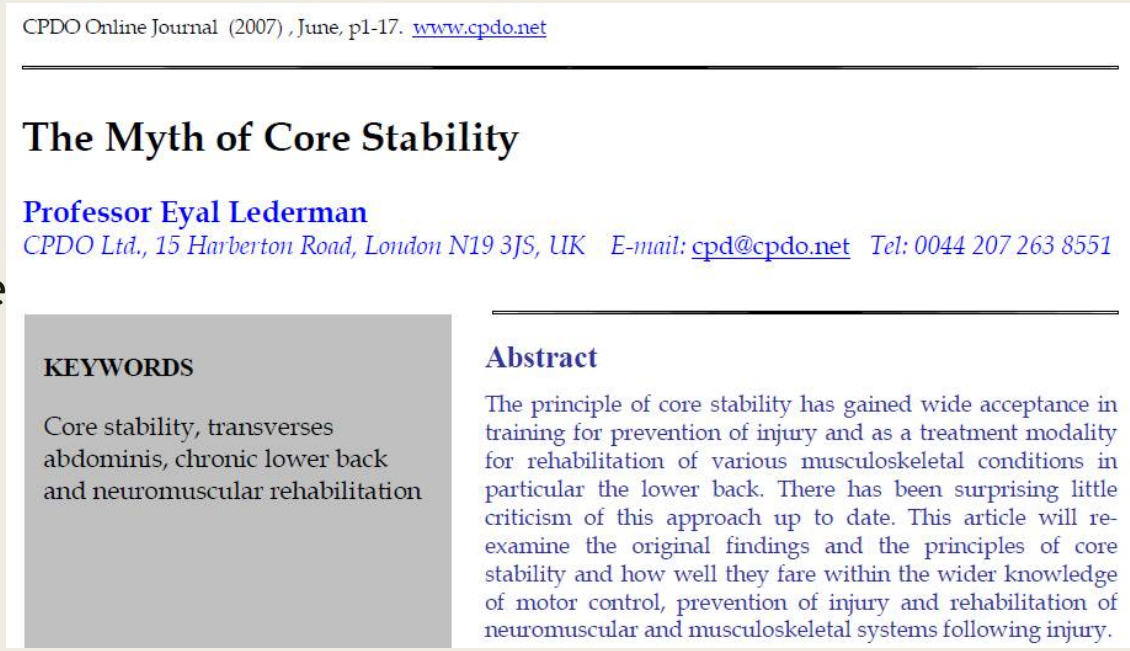
Gordon et al. College and Professional Women's Basketball Players' Lower Extremity Injuries. Int J ATHLETIC THERAPY & TRAINING , 2014

TABLE 3. FREQUENCY OF LOWER EXTREMITY INJURIES

	Professional (n = 74)		College (n = 172)		Total (n = 246)	
Injury	Participants	%	Participants	%	Participants	%
Ankle sprain	53	71.62	117	68.02	170	69.11
Patellar tendinopathy	19	25.68	51	29.65	70	28.46
Meniscus tear	17	22.97	39	22.67	56	22.76
ACL tear	19	25.68	34	19.77	53	21.54
Plantar fasciitis	19	25.68	25	14.53	44	17.89
Hamstring strain	5	6.76	25	14.53	30	12.20
Quadriceps strain	4	5.41	16	9.30	20	8.13
MCL tear	5	6.76	11	6.40	16	6.50
Achilles tendinopathy	5	6.76	2	1.16	7	2.85
LCL tear	1	1.35	2	1.16	3	1.22
PCL tear	0	0	2	1.16	2	0.81
Achilles tendon rupture	2	2.70	0	0	2	0.81
None of the above injuries	5	6.76	24	13.95	29	11.79

Sérülések megelőzése – megoldások

- Megfelelő erőnlét – pl. proprioceptív edzés
- Pihenés és regeneráció
- Bemelegítés
- Core strength
- Táplálkozás
- Megfelelő eszközök/felszerelése
- Mentális felkészülés
- **Edzés periodizálás**



CPDO Online Journal (2007), June, p1-17. www.cpdo.net

The Myth of Core Stability

Professor Eyal Lederman
CPDO Ltd., 15 Harberton Road, London N19 3JS, UK E-mail: cpd@cpdo.net Tel: 0044 207 263 8551

KEYWORDS

Core stability, transverses abdominis, chronic lower back and neuromuscular rehabilitation

Abstract

The principle of core stability has gained wide acceptance in training for prevention of injury and as a treatment modality for rehabilitation of various musculoskeletal conditions in particular the lower back. There has been surprising little criticism of this approach up to date. This article will re-examine the original findings and the principles of core stability and how well they fare within the wider knowledge of motor control, prevention of injury and rehabilitation of neuromuscular and musculoskeletal systems following injury.

Love Women's Basketball

Torn ACL for Dunav's Jaklin Zlatanova

2013-12-20 23:25

Asjha Jones done for the season with torn Achilles (Video)

2013-12-17 20:21

Torn meniscus and ACL for Spisska's Regina Palusna, Montenegrin Ana Baletic to replace her

2013-12-22 03:07

Rachel Jarry done for the season with a knee injury

2014-01-15 07:48

Kosice: knee injuries for Pierson and Krivacevic, Kupcikova pregnant, Zirkova set to make her return

2014-01-27 14:49

Rivas Ecopolis loses Laura Gil to torn ACL

2014-01-27 21:26

Stress fracture sidelines Jo Leedham for six weeks; Kaltsidou added to Bourges roster (Updated)

2014-01-31 15:16

Season over for Polish forward Daria Mieloszynska-Zwolak with an Achilles injury

2014-02-08 14:07

Torun's Matea Vrdoljak done for the season with a torn ACL

2014-01-25 13:00

Tarbes GB brings in Tatsiana Likhtarovich as medical replacement

2014-01-25 12:39

Melbourne's Chelsea Poppens done for the season with a torn ACL

2014-01-25 12:10

SÉRÜLÉS MEGELŐZÉS!!

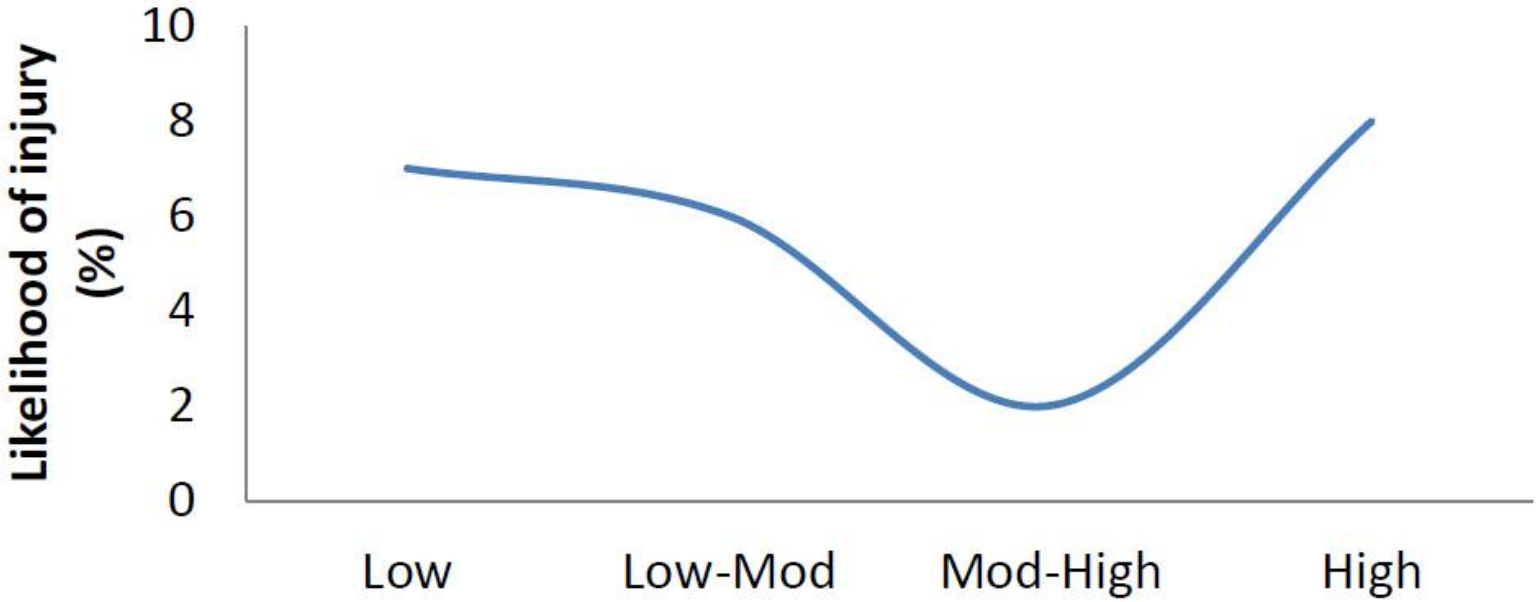


Figure 1: Moderate levels of training are associated with the lowest risk of injury. Moving into the high or low training zones increases the risk of injury (adapted from Cross et al, 2015).[3]

OPEN ACCESS

The training—injury prevention paradox: should athletes be training smarter *and* harder?

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ABSTRACT

Background There is dogma that higher training load causes higher injury rates. However, there is also evidence that training has a protective effect against injury. For example, team sport athletes who performed more than 18 weeks of training before sustaining their initial injuries were at reduced risk of sustaining a subsequent injury, while high chronic workloads have been shown to decrease the risk of injury. Second, across a wide range of sports, well-developed physical qualities are associated with a reduced risk of injury. Clearly, for athletes to develop the physical capacities required to provide a protective effect against injury, they must be prepared to train hard. Finally, there is also evidence that *under-training* may increase injury risk. Collectively, these results emphasise that reductions in workloads may not always be the best approach to protect against injury.

Main thesis This paper describes the 'Training-Injury Prevention Paradox' model; a phenomenon whereby

injury, fitness and performance is critical to sports medicine/physiotherapy and sport science practitioners. In this paper I use the term 'practitioners' to refer to the wide gamut of health professionals and also sport scientists who work with athletes/teams (ie, strength and conditioning coaches, certified personal trainers, etc). Our field—sports performance and sports injury prevention is a multidisciplinary one and this paper is relevant to the field broadly.

Injuries impair team performance, but any injuries that could potentially be considered 'training load-related' are commonly viewed as 'preventable', and therefore the domain of the sport science and medicine team. Sport science (including strength and conditioning) and sports medicine (including doctors and physiotherapists) practitioners share a common goal of keeping players injury free. Sport science and strength and conditioning staff aim to develop resilience through exposing players to

Managing player load in professional rugby union: a review of current knowledge and practices

Kenneth L Quarrie,[1] Martin Raftery,[2] Josh Blackie,[3] Christian J Cook,[4] Colin W Fuller,[5] Tim J Gabbett,[6] Andrew J Gray,[7] Nicholas Gill,[8] Liam Hennessy,[9] Simon Kemp,[10] Mike Lambert,[11] Rob Nichol,[3] Stephen D Mellalieu,[12] Julien Piscione,[13] Jörg Stadelmann,[14] Ross Tucker[2,15]

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Published Online First 9 August 2016

ABSTRACT

Background The loads to which professional rugby players are subjected has been identified as a concern by coaches, players and administrators. In November 2014, World Rugby commissioned an expert group to identify the physical demands and non-physical load issues associated with participation in professional rugby.

Objective To describe the current state of knowledge about the loads encountered by professional rugby players and the implications for their physical and mental health.

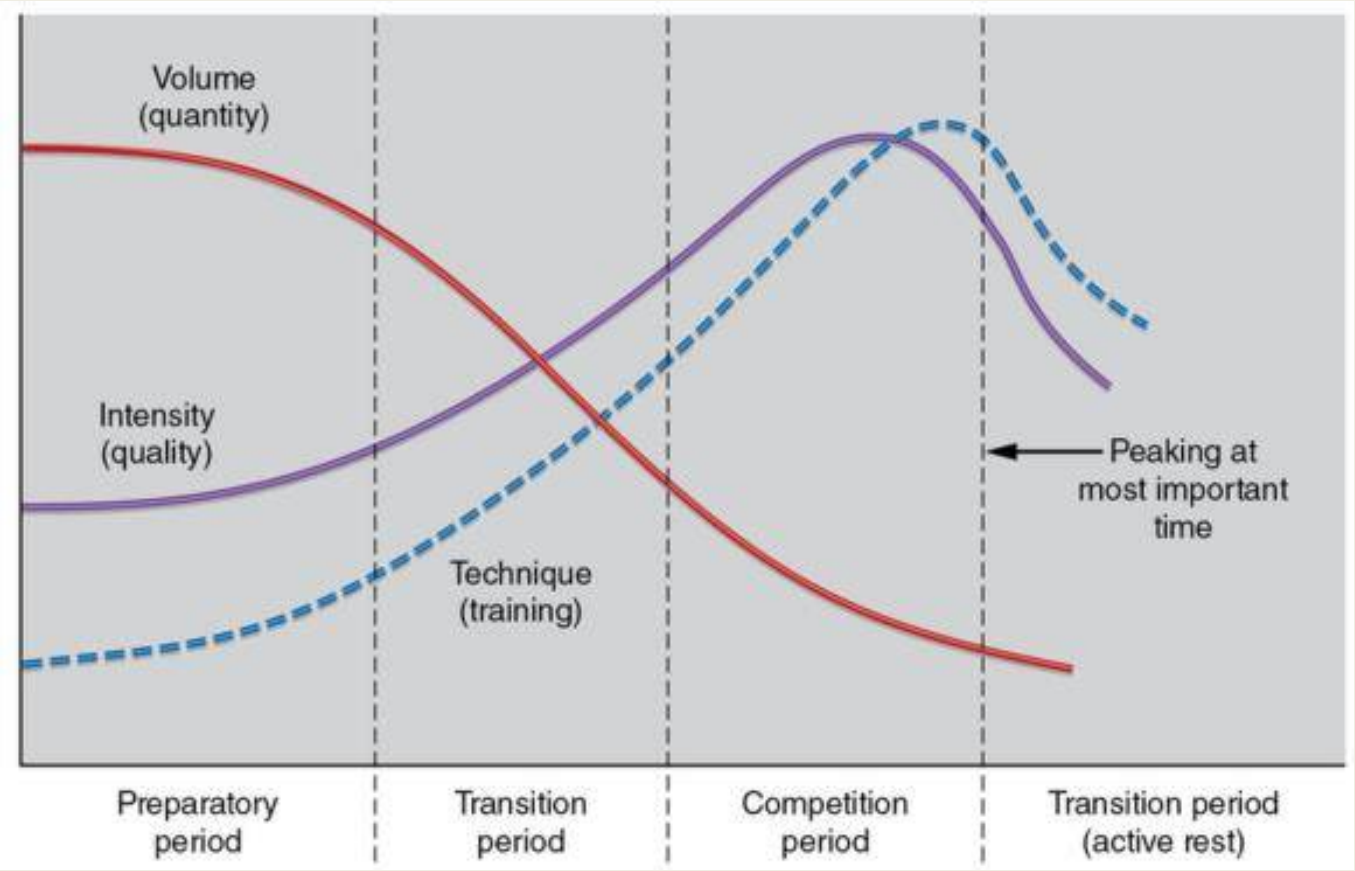
Findings The group defined 'load' as it relates to professional rugby players as the total stressors and demands applied to the players. In the 2013–2014 seasons, 40% of professional players appeared in 20 matches or more, and 5% of players appeared in 30 matches or more. Matches account for ~5–11% of exposure to rugby-related activities (matches, team and

that there are around 4000 professional players (Blackie, personal communication, 2015). Rugby became openly professional in 1995, an occurrence that was associated with marked increases in the number of physical contact events typically occurring per match at the elite level of the sport and the body mass and physical performance characteristics of elite players.[3] The development, expansion and popularity of professional competitions have resulted in an extension of the playing season for many elite rugby players. Although rugby was traditionally a 'winter sport', the professional rugby season now lasts up to 10 months with players potentially able to play in more than 30 matches per season. Since elite-level players are regularly required to play for different teams across multiple competitions, they often have very limited time

Edzés periodizálás

T. Baechle, R.W. Earle

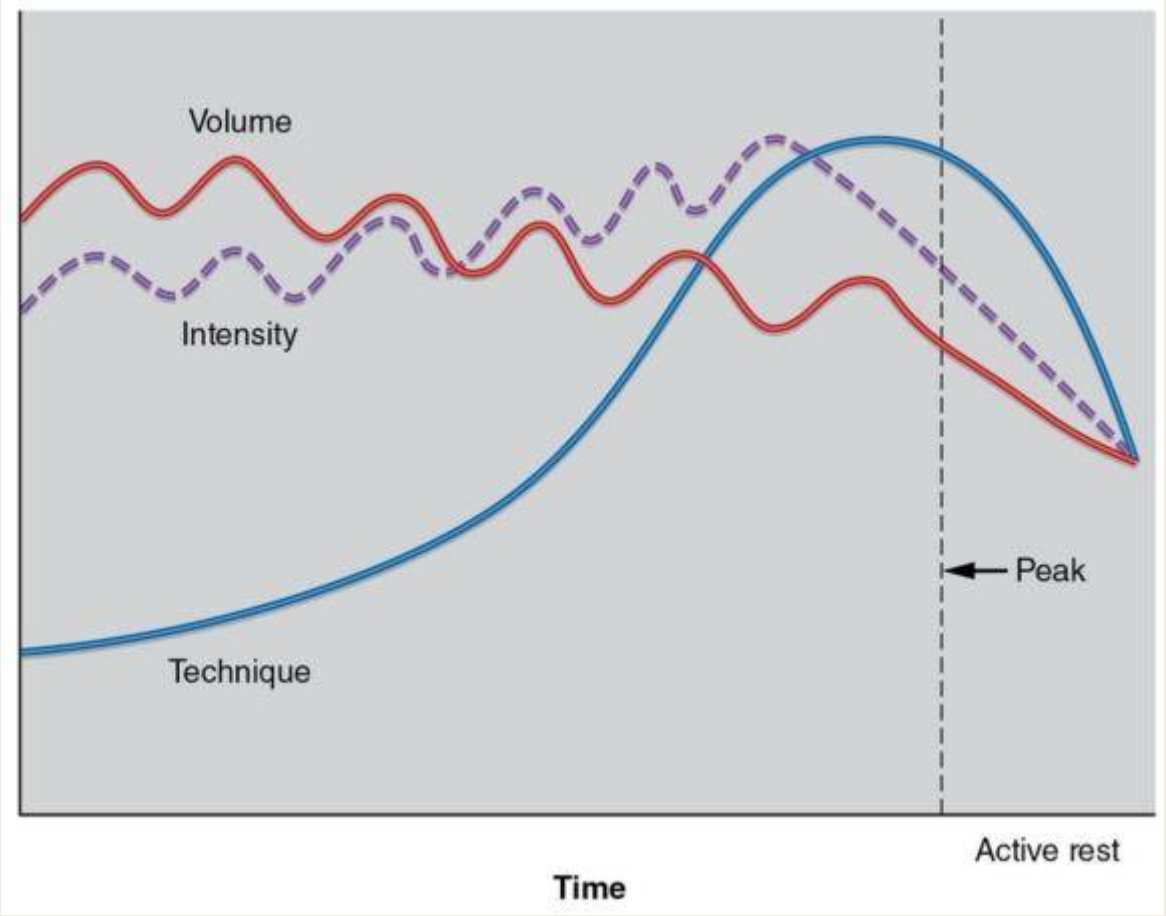
- Linear periodization



Edzés periodizálás

T. Baechle, R.W. Earle

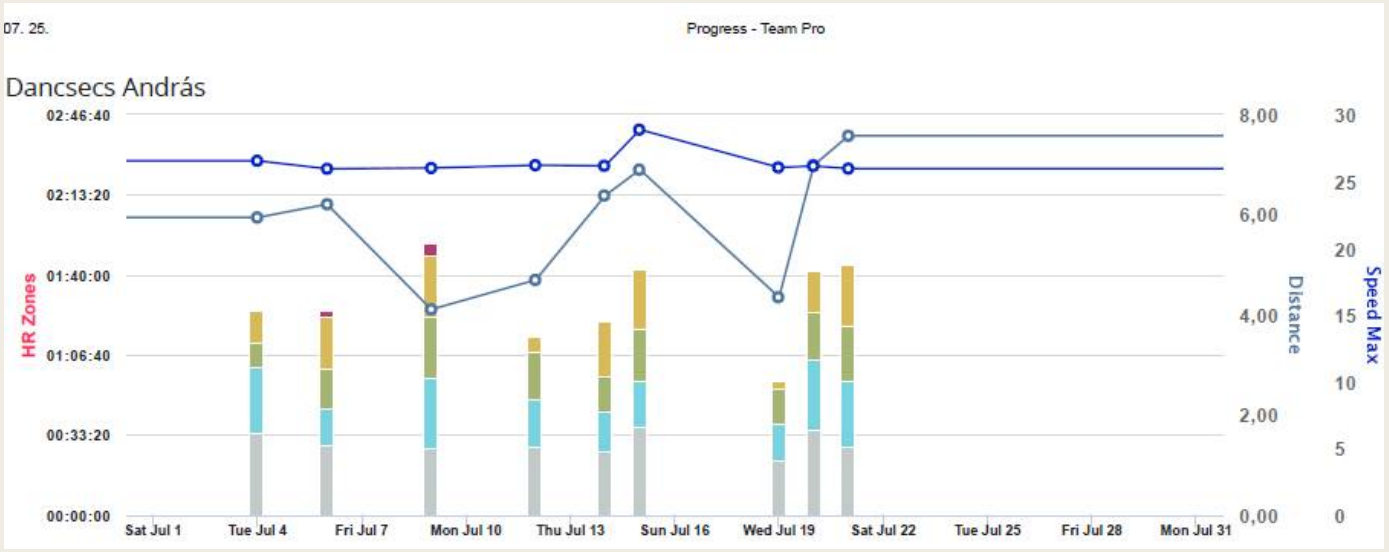
- Undulated periodization



Terhelés kontroll

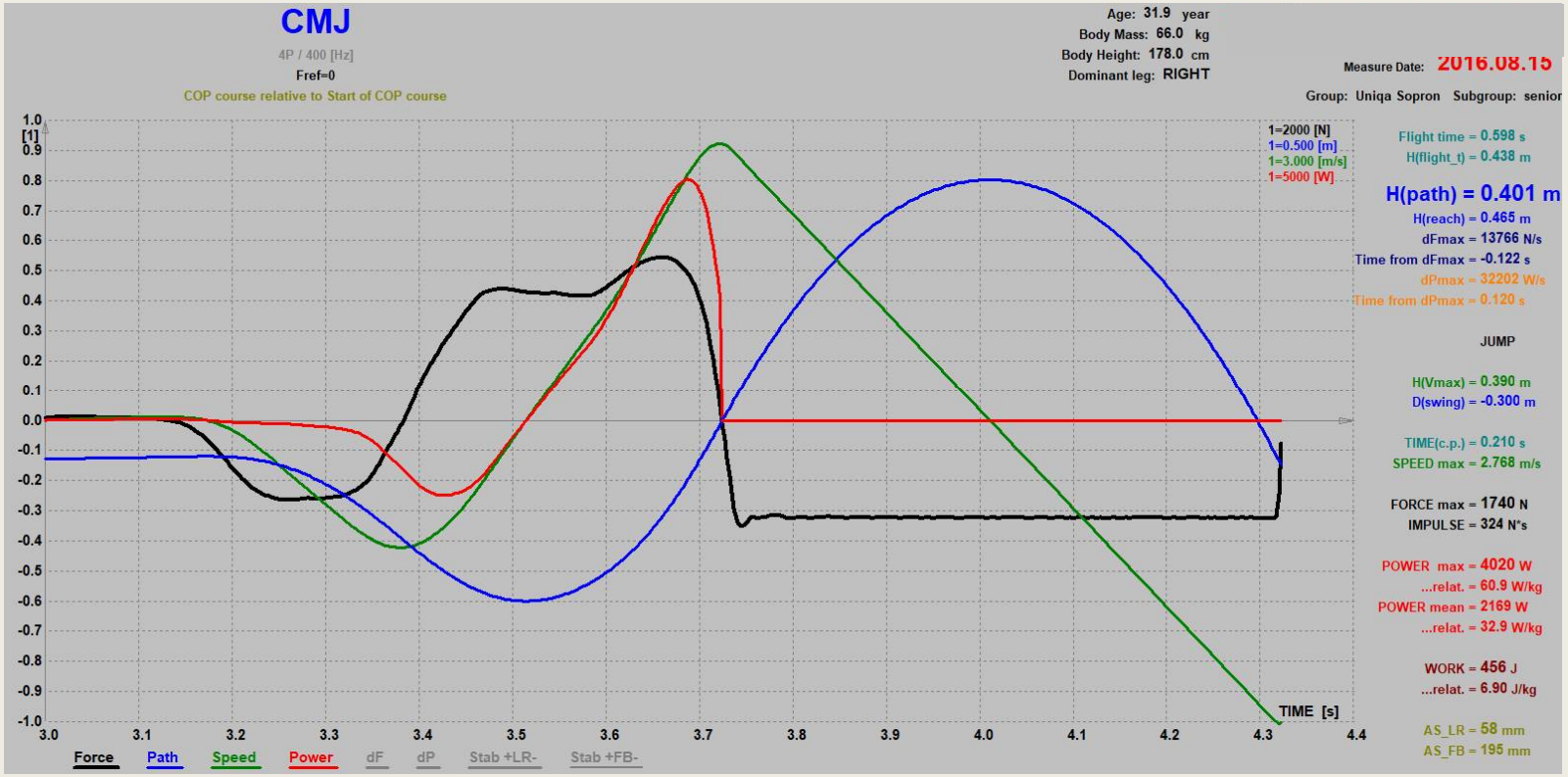
- Egyszerű
- Gyors és pontos mérés
- Rendszeres, többször hetente
- Csarnokban, pályán
- Rövid időn belül elérhető értékek


POLAR


07. 25.
Progress - Team Pro
Dancsecs András
HR Zones
Distance
Speed Max
02:46:40
02:13:20
01:40:00
01:06:40
00:33:20
00:00:00
8,00
6,00
4,00
2,00
0,00
30
25
20
15
10
5
0
Sat Jul 1
Tue Jul 4
Fri Jul 7
Mon Jul 10
Thu Jul 13
Sun Jul 16
Wed Jul 19
Sat Jul 22
Tue Jul 25
Fri Jul 28
Mon Jul 31


2017. 07. 25.
Session analysis - Team Pro
Basketball
Tuesday, Jul 4, 2017 16:04
01:32:28
DURATION
To add a phase click the down arrow on the right.
PLAYERS
HR AVG [%]
HR MIN [%]
HR MAX [%]
DISTANCE
SPRINTS
TRAINING LOAD
CALORIES
SPEED MAX
HR ZONES
SPEED ZONES
9
Dancsecs András
64
HR AVERAGE [%]
36
HR MIN [%]
90
HR MAX [%]
5.95
DISTANCE [KM]
67
SPRINTS
98
773
CALORIES [KCAL]
26.6
SPEED MAX [KM/H]
5 0 00:00:00 5 20 1.17
4 14 00:13:02 4 15 0.89
3 11 00:10:24 3 11 0.67
2 29 00:27:06 2 15 0.90
1 38 00:34:35 1 36 2.17
HR [%]
80%
70%
60%
50%
40%
30%
00:05:52
00:15:52
00:25:52
00:35:52
00:45:52
00:55:52
01:05:52
01:15:52
01:25:52
Session profile
HR zones
5 min
10 min | 15 min

Az izületi hajlítás utáni izületi nyújtással végrehajtott felugrás
CMJ teszt



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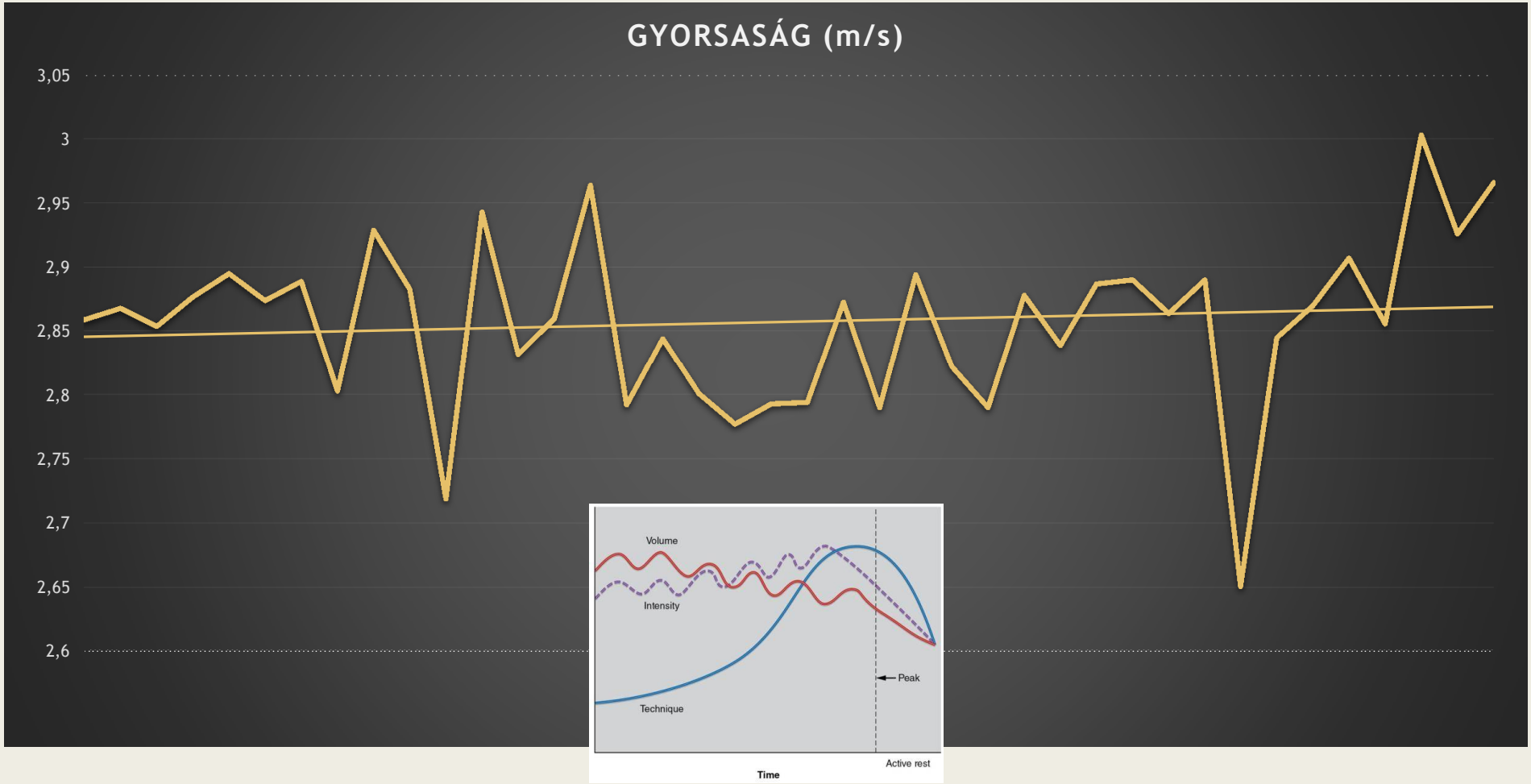
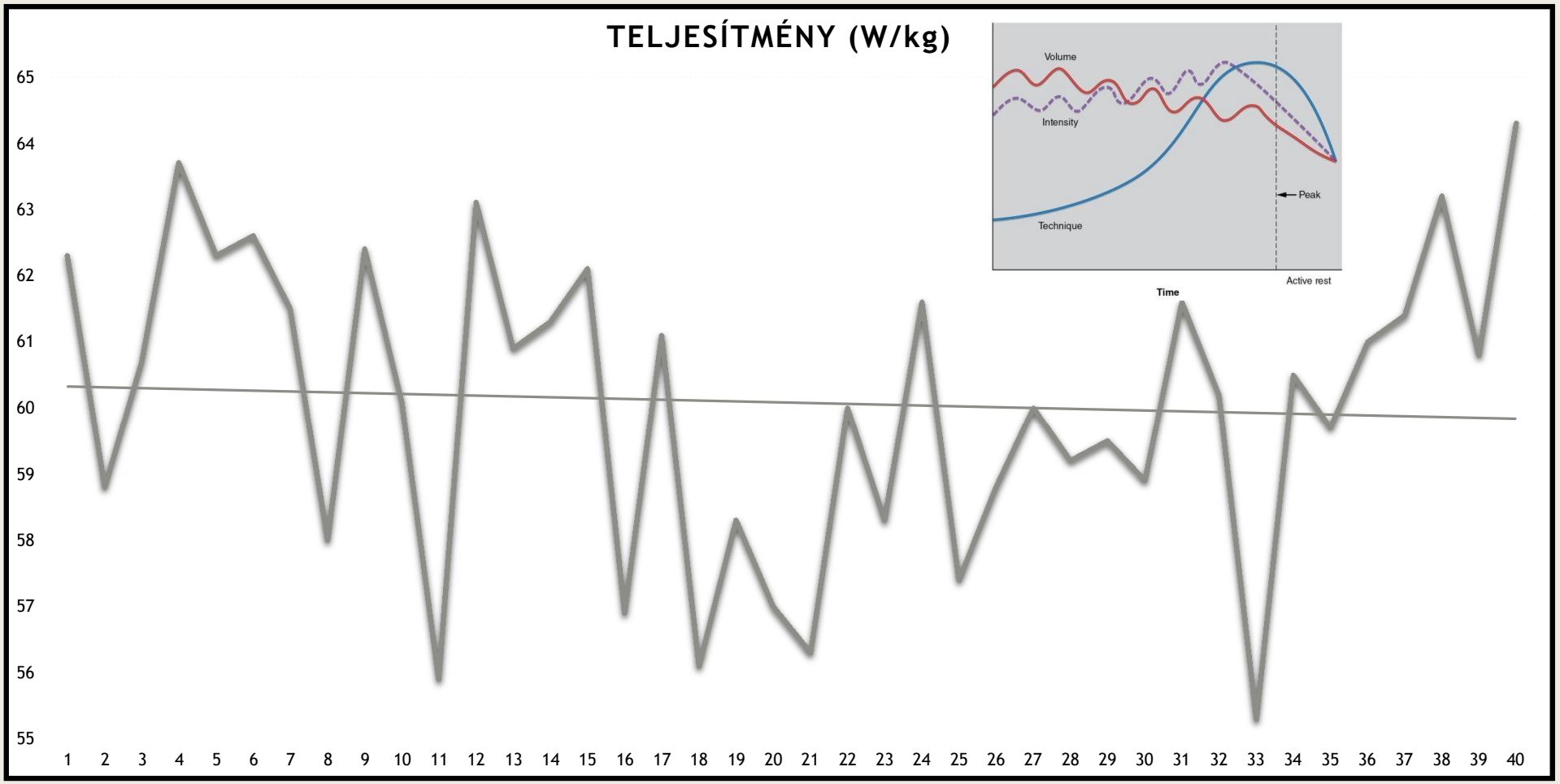
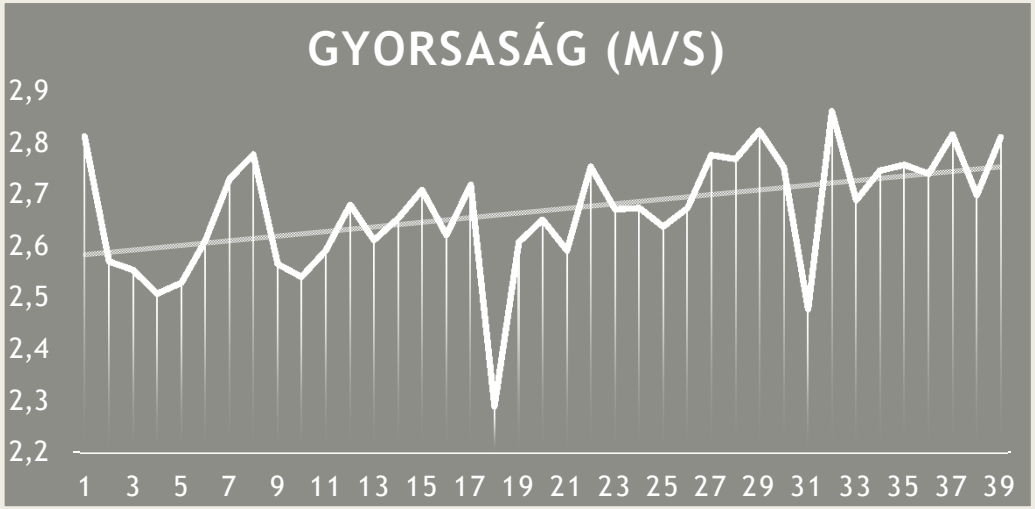
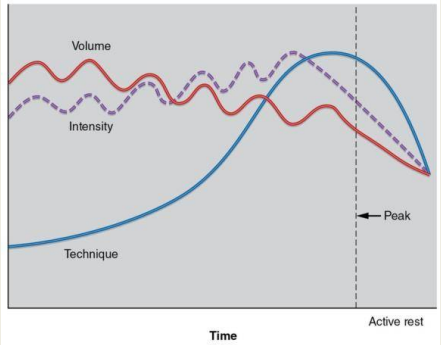


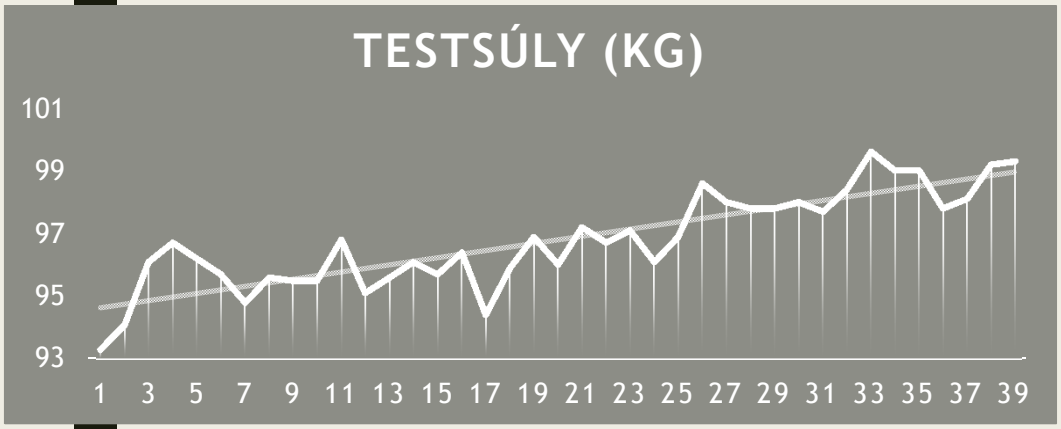
FELNŐTT játékos – makrociklus (év)

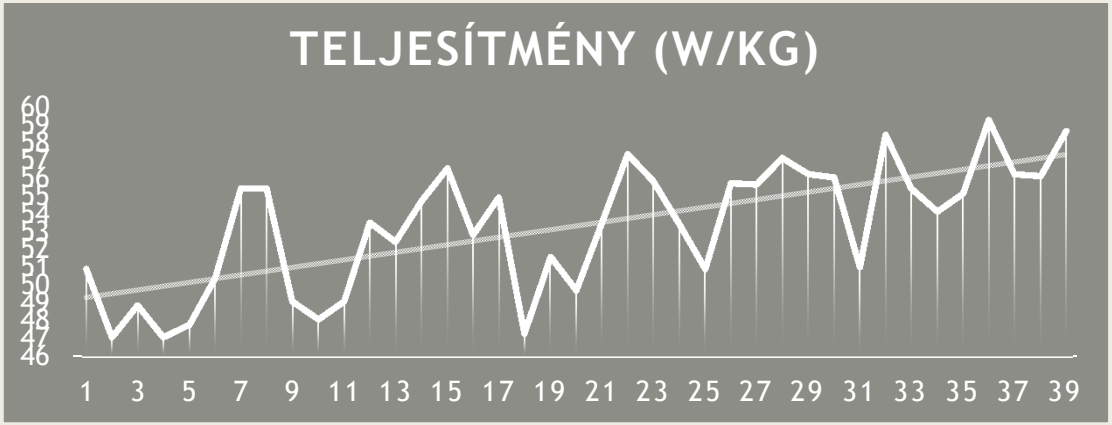


„tehetséges” fiatal válogatott játékos

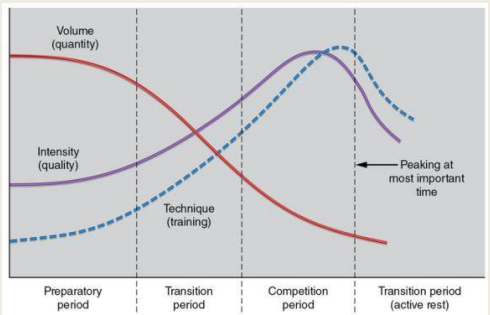


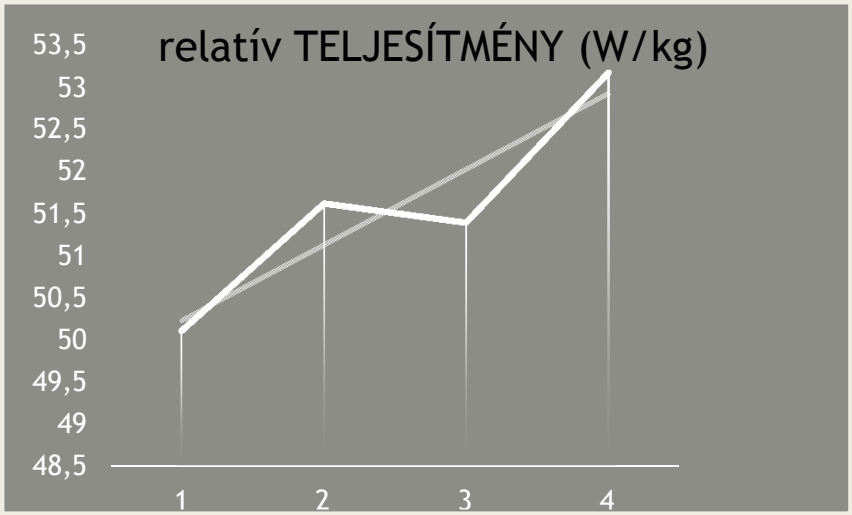


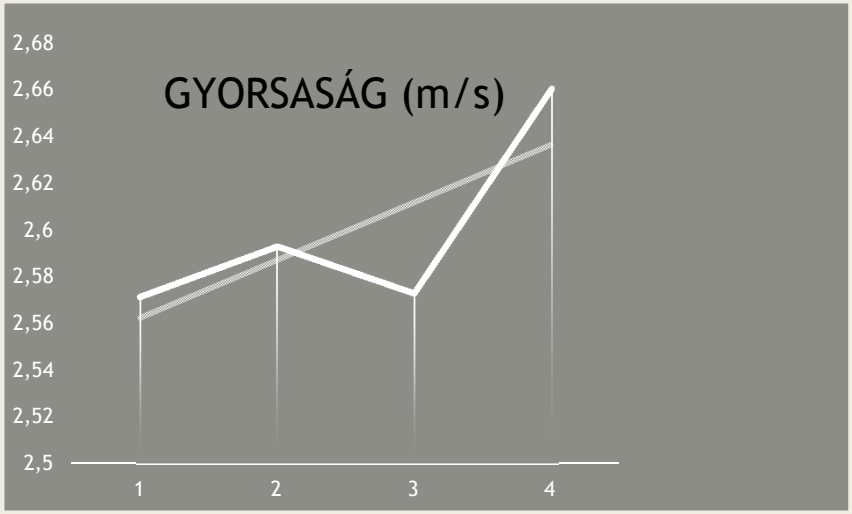


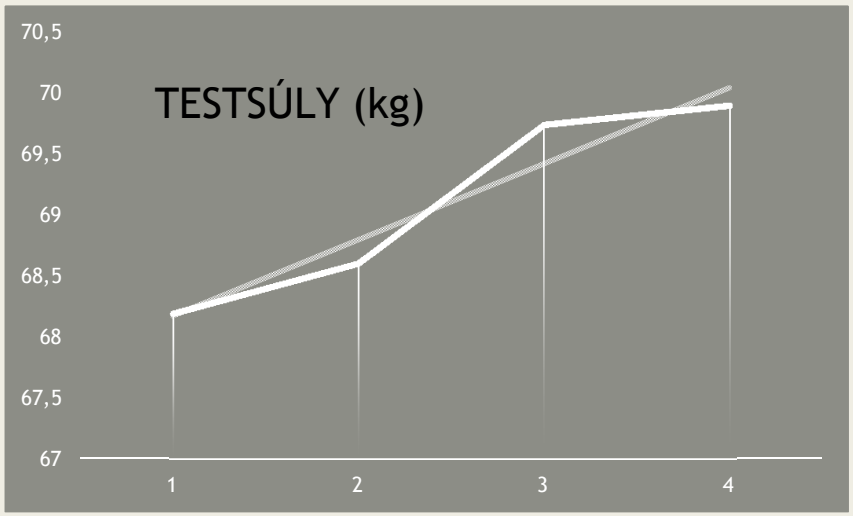


U16 FELKÉSZÜLÉS - mezociklus









Köszönöm a figyelmüket!

SPORT 86

Újabb csoda a magyar kosárlabdában