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## An injury profile of Punjab university male wrestlers

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### Abstract

Researcher examined the injury profile of Punjab university male wrestlers. Total 50 male wrestlers' subjects were selected for this study. Wrestlers were examined during Inter college pre Competition and post competition. Self-made questionnaire was used. Purposive random sampling was used for collection of samples from five different colleges under Punjab University. The level of significance was set at 0.05. The results revealed that tendon and ligament related injuries were most common in the wrestlers.

**Keywords:** Wrestlers, examined, injury

### Introduction

Sports is an exertion and skill in which an individual or team compete against with others for entertainment. It is governed by a set of rules or customs. It is an active recreation. Sports require some sort of physical effort of specialized skill. Regular participation in sports and exercise can increase our physical, mental and social health. So many researches find that it is beneficial for individuals. This may improve quality of life of an individual; overcome the risk of chronic disease such as diabetes, obesity and depression. Sports and games also improved longevity.

Wrestling is a physical combat sport. It is one of the most exhausting sports, both mentally and physically and probably this is the reason why that moment gives immense pleasure when you win a bout in this match. This game demands not only sound physical fitness but also an unbreakable confidence and character that define true sportsman spirit.

Wrestling becomes increasingly popular, safety is must. Sports injuries are injuries that occur while playing sports or physical training. This may because of improper warm up or poor exercise performs. Some people get injured when they are not in appropriate state. A wide range of wrestling injuries has been documented in the literature. These reports include a number of injuries like acute, chronic, strain, sprain, ligament, tendon, cartilage, fracture, dislocation. These may include shoulder, wrist, back, knee and ankle injuries. Acute injury is for a short duration. But chronic injury is for long duration.

### Sports medicine

Sports medicine is that branch of medicine which deals with sports injuries and its rehabilitation. The aim of sports medicine is to provide care to an athlete, to provide rehabilitation from injuries and to provide safety measurements, tools, area and equipment.

### Rehabilitation

Rehabilitation is the act of restoring something to its original state. To make fit. It helps the injured person to do their activities as quickly and safety as possible. Rehabilitation is of mainly three types-Physical therapy, Occupational therapy and Speech therapy.

In Physical therapy it provides helps to the injured person repairs the bones, use of muscle and nervous system through the use of massage, heat, cold, baths, ultrasound, workout and other methods also used by the doctors. It can develop strength, relieve pain and mobility so that injured person could do his daily task. This may include heat treatment, infrared lamps, SWD, MWD, ultrasound, paraffin wax etc. These can used to arouse the patient's movement, muscle relaxation and relieve pain. In sports we are mainly using the physical therapy.

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As injuries are the part and parcel of sports nobody is escape from it. It helps the injured person to get back in his proper condition and his game.

### Significance

1. To assess the nature of injuries, rehabilitation process of wrestlers.
2. To ascertain the level of awareness among wrestlers regarding the nature of injury and expert intervention required.
3. Study will help in unearthing the perception towards importance of rehabilitation for wrestlers.
4. Study will also bring in limelight the support system available for wrestlers.
5. Information gathered can prove useful in improving performance by taking precautionary measures.

### Objectives of the study

#### To measure and assess the-

1. Nature of injury
2. Injury rates
3. Pre- competition
4. During competition
5. Amount of time missed (training/competition)
6. Follow up of rehabilitation program

### Research Methodology

Self-made questionnaire was used to assess the nature of injury, Injury rate (Pre-competition, during competition), amount of missed training and competition, follow up of rehabilitation program

Purposive sampling method was used by investigator to select the sample. The total sample of present study comprises of 50 wrestlers, who had participated in the Panjab University Inter-college of for the session 2019-2020. For the purpose of collection of data investigator visited various affiliated colleges of Panjab University, Chandigarh. Data was gathered from the wrestlers, who had participated in the Panjab University Inter-college held at PU Chandigarh Campus. Name of the colleges are:

Sr. No	Name of College	Numbers of subject
1	GHG Khalsa College, Gurusar Sadhar	8
2	A.S College Khanna	7
3	Govind National College, Narangwal	7
4	Post Graduate Government College, sector 11 Chandigarh	8
5	Shri Ram college, Dalla	6
6	Shahi Sports College, Samrala	7
7	Malwa College, Samrala	7
	Total	50

### Statistical Techniques

Percentage will be used as statistical measure to analyze data that will be depicted through Pie graph.

### Summary and conclusions

#### Summary

Wrestling is a combat and contact sport, in which all body parts are involved in the various moments of attack and defense, increasing the risk of injuries. At the 2008 Beijing Olympic Games, wrestling registered 32 injuries among 343 athletes in 406 matches with an incidence rate of 9.3 injuries per 100 athletes and 7.9 injuries per 100 matches (Akbarnejad & Sayyah, 2012) <sup>[1]</sup>. At the Rio Olympic Games, out of 352 wrestlers, 22 injuries occurred during 410 matches,

corresponding to an incidence rate of 6.2 injuries per 100 wrestlers (7.1% male; 4.4% female) and 5.4 % per 100 matches. Related to the styles, the injury occurrence was 22.7% in female wrestling, 36.4% in freestyle, and 40.9% in Greco-Roman (Shadgan, Molnar, Sikmic, & Chahi, 2017). The same authors mention that injury rates have been decreasing in Olympic wrestling (Beijing 2008 [9.3%], London 2012 [12%], and Rio 2016 [6.2%]).

Despite decreasing injury rates, it is still essential to analyze how training processes, coaches, and athletes' characteristics may help in preventing and promoting a more secure and healthy sports practice. Injury occurrence is random and uncontrollable, and there is no doubt about its impact on athletes' health, performance, and sports experience. Evidence-based research reveals that modern sports promotes a culture of competition and winning at all cost; in Olympic wrestling, this tendency indicates that athletes see themselves obligated to compete even when injured, underwriting a culture that promotes pain normalization (Hoppis, 2012) <sup>[10]</sup>. The same author notes that wrestlers report that they are required to compete by coaches, teammates, and managers even when injured, specifically 44.6% from coaches and 55.9% from physical trainers. These findings imply that wrestlers' career quality, health, and positive experiences are at risk since such behaviors and beliefs increase the risk of creating a cycle of re-incidence due to a deficient recovery process (Hoppis, 2012; Nor, 2001) <sup>[10]</sup>.

Injury states are stressful situations able to negatively impact athletes' psychological states; however, some psychological factors seem to protect and promote positive interactions with injury states. For instance, athletes' engagement is the main reason to participate and continue in sports, where higher levels result in greater quantities of pleasure and excitement during sports participation. Such a factor is also associated with higher levels of participation, while reduced levels seem to increase drop-out potential (Castillo, Balaguer, & Duda, 2000 and Castillo & Tomás *et al.*, 2010) <sup>[4-5]</sup>. This study provides information regarding the injury profiling of male Wrestlers. The data was collected through self-made questionnaire from wrestlers of Panjab University, Chandigarh. A questionnaire was administrated to 50 male Wrestlers to evaluate the nature and types of injury, follow up of rehabilitation, amount of time missed training and competition. Percentage was used as statistical measure to analyze the data.

### 5.2. Conclusions

The nature of injury sustained by male wrestlers was 36% tendon, 40% ligament related and 24% dislocation. Tendon and ligament related injuries were the most common in wrestling. The most number of injuries were shoulder, knee, elbow and wrist. The percentage of shoulder injury and knee was 64%. Wrist and elbow injury in wrestling was 12% and head injury and ankle injury was 6%. There were the differences of injuries percentage in wrestling. The most occurring injury was shoulder and knee injury in wrestling. Most injuries occurred because of improper training schedule, improper warm up, does not went to consultant, does not taken any medical assistance and does not follow the proper rehabilitation programme. The shoulder and knee injury was re-occurred because of improper follow up of rehabilitation programme

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