Differences in injuries location and incidence between cadet, junior and senior Croatian basketball team

Tatjana Trošt, Goran Sporiš, Igor Jukić
Faculty of Kinesiology, University of Zagreb, Croatia

Introduction
Basketball is a team sport, which involves frequent physical contacts, changes of direction and jumps. Many lower limbs injuries, which are the most common in basketball (Minkoff J et al. 1994), occur during jumping or rebounding (La Torre et al. 2004). The goal of this paper is to determine the injury rate and location in male Croatian national basketball team players and to analyze the conditions under which they happened.

Methods
The investigation took place on July, 2004. The Croatian cadet, junior and senior male basketball teams, (cadet n=13, junior, n=12 and senior n=9) filled up a questionnaire about injuries they suffered from during their basketball career. The data were processed by the STATISTIKA FOR WINDOWS VER. 5.0. Basic statistics methods were used. Hi² test was used to establish the differences of injury incidences between cadets, juniors and seniors Croatian national basketball players.

Results
There is a difference between the number of suffered injuries in cadets, juniors and seniors Croatian national basketball players (Hi=17.229, df=2, p<0,05). During their basketball career cadets suffered from 105 injuries, juniors 55, while seniors suffered from 34. The majority of all the registered injuries in cadets and juniors occurred during the training session (54,28% cadets; 63,63% juniors), while the highest number of senior players injuries happened during competition (50%) (Figure 1). The most commonly injured area for all the players was the ankle (50% of all the registered injuries in cadets; 76.19% juniors; 50% seniors) (Figure 2).

Discussion/Conclusion
The most commonly injured body region of Croatian national basketball team players is the ankle. Therefore, the need to introducing ankle injury prevention training is obvious. Cadet players (14-16 years) suffered the highest number of injuries. The accelerated puberty growth could have affected their coordination ability which suggests that their coach should pay attention on this ability when planning their training sessions.

![Fig. 1: injured body regions](#)
![Fig. 2: Conditions in which injuries happened](#)

References
La Torre A et al. (2004). Epidemiology of muscular lesions in young basketball players. Isokinetic International Congress.