

A COMPUTER'S ANALYSIS OF FOOTBALL INJURIES

S U M M A R Y

In this article, we present the analysis of results of pre - season orthopedic and traumatologic examinations of Aegean region professional football players. Pre-season examinations are considered as more prophylactic but less curative. During the procedures, it is investigated that if the sportman has any problem which may be a handicap for physical activity or not. If there is, necessary treatment modalities are administered.

In 1980, we examined 148 players of 7 professional football clubs in Aegean region. The aims of examinations were not only to discover injured person but also to cure him as soon as possible. The number of players with lesions was 76 and total lesions were 85. Knee and foot were two body regions which most often exposed to injuries to upper body were not much.

The analysis of data presented above lead to theoretical means of reducing or eliminating injuries. Collected informations were obtained during the examinations from anamnetic datas explaining previous trauma or examination itself.

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THE RESULTS OF DIAGNOSTIC ARTHROSCOPY OF AEGEAN MEDICAL FACULTY

S U M M A R Y

An analysis of diagnostic arthroscopy performed in Ortopedical Clinics of Aegean University Medical Faculty. Surgical intervention without arthroscopy would result in 25% error of indication to surgery. Arthroscopic diagnosis was justified in 92 % of operations made.

STRESS FRACTURES IN ATHLETES

SUMMARY

It is accepted that stress fractures are caused by excessive repetitive trauma, not by one forceful blow.

Firstly the physical signs of stress fractures appear and the x-ray may show its characteristic signs in 2 to 8 weeks after clinical symptoms seen

The most helpful physical signs are focal swelling and tenderness to palpation over the involved area.

The light/high fever may be observed in young athlete suffering from any stress fracture.

If it is diagnosed the athlete should rest completely for a short period of time.

If he/she returns to his/her sport before healing completely the risk of a real fracture may increase or its symptoms may carry on irritating the athlete.