

the tear of the lateral meniscus. They both underwent open reduction and internal fixation of their bone injuries and the meniscal tear of the second case was also successfully repaired. Follow-up was 2 and 1 years for each respectively. Both cases regained full ROM and reported no pain or limitation of activities and returned to the sport. No patient developed genu recurvatum deformity of leg length discrepancy due to this injury. Open reduction and internal fixation is the treatment of choice in displaced intra-articular fractures.

Associated injuries like meniscal tears and chondral fractures should also be considered especially in type III injuries.

18. STUDY REGARDING TRAUMATIC MORBIDITY IN ROMANIAN TOP ATHLETES DURING THE OLYMPIC CYCLE 1993-1996

Authors: G.Untea, Ph.M.D., M.Anghelescu, M.D., I.Costeschi, M.D.

Sports Medicine Institute, Bucharest - Romania

The authors dealt with 2475 Romanian top athletes examined between 1993-1996 in the Rehabilitation Laboratory of the Sports Medicine Institute from Bucharest (1576 males and 879 females) for different injuries of traumatic diseases and concluded as follows:

The high incidence depending on sports was:

- track and field (athletics) 533 exams (23.45 %)
- football 356 exams (15.65 %)
- gymnastics 233 exams (10.25 %)

The high number of injuries:

- sprains 352 (15.5 %)
- contusions 233 (9.8 %)
- muscular injuries 194 (8.5 %)

The incidence of hyperfunctional injuries:

- tendinitis 386 (17.0 %)
- miositis 135 (6.0 %)

The incidence of these injuries per year was:

- 1993 433 (14.5 %)
- 1994 762 (33.5 %)
- 1995 700 (30.8 %)
- 1996 (6 months) 369 (16.2 %)

The conclusions of this study allow the authors to suggest an active prevention on purpose to decrease the number of injuries or other traumatic diseases.

19. STUDY ABOUT THE EFFICIENCY OF ACUPUNCTURE IN THE REHABILITATION OF THE TRAUMATIC AFFECTIONS IN HIGH PERFORMANCE SPORTSMEN

Authors: Dr.med. Ileana Rindasu, Dr.med. Gheorghe Untea, Dr.med. Ionel Costeschi, Dipl.Eng. Octavian Ailoe

This paper presents the efficiency of acupuncture application in the rehabilitation of the post-traumatic affections of the locomotory system in high performance sportsmen, upon a group of 82 persons treated at the Institute for Sports Medicine in the year 1996.

The examined sportsmen presented traumatic osteoarticular, muscular and tendinous affections, as well as low back pain after effort, which were treated by acupuncture in association with physiotherapy in other 34,15 % of cases (athermic laser therapy or low frequency currents).

For acupuncture without physiotherapy, the result - appreciated upon the clinic evolution of the patient were: 83,33 % clinically cured, 12,96 % ameliorated, 3,71 % stationary; the association acupuncture - laser therapy conducted to a higher percent of clinical cures - 94,44 %, the rest to 100 % being ameliorated.

It can be also noticed there is a fast installation of the therapeutic effect, in 50 % of cases after 1-2 sittings, with recover in less than 6 sessions in 53,70 % of cases for the non associated acupuncture. The rapidity of the effect increases more in the case of the association acupuncture - laser therapy, with an amelioration after 1-2 sessions in 83,33 % of cases, but with a similar recover percent in less than 6 sessions.

The association with low frequency currents doesn't influence meaningfully the results of the treatment.

19a. CONSIDERATIONS ABOUT THE TRAUMATIC PATHOLOGY AT 3 FOOTBALL TEAMS FROM NATIONAL LEAGUE FROM BRASOV IN THE COMPETITIONAL SEASON 1996-1997

Authors: Dr.Ovidiu I.Pecurariu M.D., Dr. Oana Falup- Pecurariu M.D., Dr. Cristian Falup- Pecurariu M.D.

Sports Policlinic from Brasov

Sports has a big importance not only on normal development but also on psychosocial development especially in a team sports.

The result of the game (plays) and not at least the financial reward play a key role on the game evolution and give us the opportunity to deal with a large traumatic pathology.

We have observed 3 National League football teams from Brasov ("Precizia" Sacele, "Metrom" Brasov, "Tractorul" Brasov) having a total number of 66 patients with aged between 19-32 years old, which were seen in the competitional season 1996-1997 at the SPORTS POLICLINIC FROM BRASOV. From the total number of 263 cases which address to us for various problems 191 cases were for treatment and recovery after traumatic lesions - 72,62 % of cases.

On the first place, were contusions and muscle lesions 78 cases 40,83 % from the total traumatic pathology. The main symptoms were: local pain, oedema, hematoma and relative functional disability. The sequele healing with subsequent connective tissue scar formation, quadriceps muscle being the most frequent side of contusion, also

with myositis ossificans as a sequela. From the 78 cases 55 were contusions and were graded as follows: grade 1 - 70,51 %, grade 2 - 28,20 %, grade 3 - 1,28 % this condition evolved after 6 months to ossification having persistent supportable pain.

The second place was taken by the ligamentous lesions 66 cases - 34,55 %. The most places involved were: ankle, knee, shoulder, elbow, foot. Sprains are graded on the basis of loss of stability: grade 1 shows overstretching without instability, grade 2 instability, grade 3 maximal instability and discontinuous ligaments. Grade 3 is associated with pain, snapping sound, hemorrhage, diffuse swelling disability and loss of function. The treatment consisted in: ice, non-steroidal anti-inflammatory agents, physiotherapy. The treatment was successful in 100 % of the cases.

On the third place we had displacements a number of 43 cases 27 were at the ankle, 14 at the knee, 2 were at the hip.

Treatment was: non steroidal anti-inflammatory agents, physiotherapy.

On the fourth place were fractures 4 representing 2,02 %, 3 were on the lateral malleolus of the fibula 75 % and 1 meta tarsian fracture on bones 2,3.

CONCLUSION: We wanted to reveal this extremely frequently met pathology at sports team, about the treatment that we use, about the newest classifications that are used and about the possible complications

20. ASPECTS ABOUT THE UTILITY OF ANTIOXIDANTS IN SPORTS MEDICINE

Authors: Dr. Ioan Straut

Policlinica pentru sportivi Timisoara

What are antioxidants ? During the physical effort involved in training and competitions, the oxygen molecule, stable and not very reactive, is activated and turned into strong reactive elements. All these reactive forms of the oxygen are a danger to the cell structures. The most dangerous radicals of this type are the singlet oxygen and the hydroxyl radical. The cell structures harmed and damaged by these free radicals are the polyunsaturated acids of the membranes' structure, nucleotides

from the nucleic acids' structure and the cellular enzymes especially the -SH free ones. Against these unpleasant effects, the human body has released a protection system. The enzymatic system through which the aerobic activity cells maintain minimum concentration of the reactive species of the oxygen but can't eliminate them entirely are speroxiddismutaza, catalaza and glutationperoxidaza. In each cellular compartment are small quantities of substances which react more easily with the radicals than the structures protected by these.

It is necessary to fell the sportsmen with products containing antioxidants ? These substances with an antioxidant role must given to the organism in a quantity able to cover the necessary part, which is raised especially because of the sports effort and the environment's pollution. The problem is that we often find out of a insufficiency and incalculability of these substances in sportsmen's feeding caused by different elements: the methods of rafination, extended preservation and methods of preparation.

***The choosing of the recipe given to the sportsmen.** In the aliments consummated by the human there have been identified hundreds of antioxidant substances. Because of the fact that these substances aren't isolated in the nature, the feeding with only one antioxidant isn't the right solution. More wiser would be a feeding with an aliment or mixture which includes all the **members of an antioxidant family**. The choosing of a recipe must match with the lasting of the effort, the conditions in which it happens, and the feeding of the sportsmen. The ideal solution is the choosing of a most adequate feeding able to offer in measured quantities and in the proper time all nutritive substances useful to the organism.*

21. STUDY OF MORBIDITY ON ROMANIAN TOP ATHLETES IN THE OLYMPIC CYCLE 1992-1996

Authors: Atanasescu Rene M.D., Geanta Gabriela M.D., Moresanu Elena med.assist.

The authors deal with the main internal diseases discovered in the Sports Medicine Institute - Department Internal Medicine - in the Olympic cycle 1992-1996, providing exemplifying casuistry.

One underlines the importance of prophylactic measures-antiinfluenza and antihepatite B vaccinations for preventing the athletes getting down with diseases of an epidemic character.

One notices the wide range of the diseases met with and the remarkable possibility of the athletes body to cope with the effort, even in precarious circumstances. The order of occurrence is: acute seasonal diseases of the respiratory and digestive systems, diseases of the urinary apparatus and skin diseases.

The end up with, one draw attention upon the importance of obeying the medical recommendations given by the Expertise Commission of our Sports Medicine Institute, in all cases of getting ill (exceeding 7 days of medical rest) of the athletes belonging to our national or Olympic teams. Mention should be made that these recommendations aim both at carrying for the athletes health and at sparing them psychologically by not forcing on them a total interdiction of exercise, of course when the diagnosis allows it.

22.STRESS CARDIOVASCULAR REACTIONS BEFORE CONTEST TO A LOT OF JUNIOR FOOTBALLERS

Authors: Simona Gusti, Alice Gusti, Mihaela Avramoiu, Serban Avramoiu

Faculty of Medicine of Craiova

Faculty of Physical Education of Craiova

This research estimates the cardiovascular reactions due to the contest stress to a lot of 24 juniors footballers, by means of noninvasive methods.

We have established the heart rate, systolic, diastolic and average blood pressures and we have recorded the carotidian pulse, phonocardiogram and electrocardiogram simultaneously on a polyinscriptor 6 NEK 4 (made in Germany) and we have calculated the systolic time intervals. We have studied these parameters the day