Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

Soccer is very popular sports in all over the world, with approximately 200 million players in 186 countries registered with the Federation Internationale de football association (FIFA). Soccer is rigorous body contact game, almost all nations play soccer for enjoyment and competition. This all results into injuries when soccer is played either for general recreation or with professional goal in mind. They may be caused by accidents or by over-use and they do not necessarily differ from injuries sustained in non-sporting activities.¹

The purpose of the study was to find out “common injuries, their causes and graded rehabilitation among senior national level Soccer players”. Two hundred thirty players, fifteen coaches and ten physiotherapists were selected as the subjects for the study.

Separate questionnaire were administered to the players, coaches and physiotherapists for the collection of relevant data for the purpose of the study. The questionnaire comprised of various aspects of commonly

¹ www.injuryresearch.bc.ca.
occurring injuries, their causes and rehabilitation programme. All the respondents were asked to answer the questionnaire personally without consulting others.

The findings of the present study show that injuries are very common among Soccer players. The majority of the injuries observed were ligament, muscle and joints injuries. Physiotherapist, coaches and players were not satisfied with the facilities available in India for the treatment and rehabilitation of the injuries. Majority of the coaches said that they emphasize for training and competition to the players only after complete rehabilitation of injuries. However, the players expressed that majority of the coaches forced them for partial training or some times for competition before complete rehabilitation of the injuries. Majority of the players and coaches preferred to consult physiotherapists for treating the injury. The players also thought that the main cause of getting injured was insufficient recovery but, most of the players did not know the cause. Majority of the players agreed that adequate diet play an important role in fitness, prevention and treatment of injuries. And those who didn’t get the proper diet, their main reason was that they were not able to afford financially and had lack of awareness. Most of the physiotherapist gave muscle
strengthening exercise, range of motion and coordinative exercises in their rehabilitation programme. The players reported that less availability of Sports Medicine experts, lack of advanced therapeutic modalities and poor diagnosis, treatment and rehabilitation of injuries is the major problem for treating their injuries.

**Conclusions**

On the basis of the findings of the present study the following conclusions can be drawn:

1. All 100% Soccer players are found to be susceptible to injuries in their playing career.

2. The results of the study show that more than 80% of the injury is occurred during the competitions.

3. The commonly injured body parts of the players are ligament, muscle and joints.

4. The common injured sites were knees and ankles.

5. The causes of injuries to the players were faulty training and incomplete recovery from injuries.

6. Most of the players consulted physiotherapist for treating the injuries.
7. Majority of the physiotherapist used cryo-therapy and ultra sound in their rehabilitation programmes.

8. Majority of the players agreed that adequate diet play an important role in fitness, prevention and treatment of injuries.

9. The results of the study also reveled that some of the players find difficulty in proper treatment and rehabilitation of injuries.

10. Majority of the players, Coaches and even the physiotherapists were not satisfied with the facilities available for treating of injuries in the country.

Recommendations

1. Preventive conditioning exercise should be administered to players in order to prevent injuries.

2. The training programme for players should be planned in a systematic and scientific way, so that the total training load can be controlled.

3. Pre-season training should e gradually increased in the form of volume and intensity to prepare players for competition later.
4. Coaches should be trained more scientifically to enable them to handle injuries in a better way.

5. Proper warm-up and stretching before and after practice and competition should be emphasized.

6. Proper tackling techniques should be taught to the players.

7. The players should use proper protective gears to prevent injuries.

8. Players should have the safest possible equipment, well fitted and properly maintained.

9. Coaches should be certified, promote safety rules, and encourage sportsmanship and fair play among their players.

10. Ground conditions should be improved to minimize injuries among players.

11. Players should not rush-up for the exercise during rehabilitation period.