

Assessment of Injuries during wrestling Competition

Dr.Sadegh Mhboobi

Head of Medical Committee in Iran Wrestling Federation and member of Medical Committee in UWW

Sadegh.mahboobi@yahoo.com

Background: The risk of serious injury is significant in athletes and includes permanent debilitation from fracture, traumatic brain injury and rarely, death. A number of these wrestling injuries can be categorized as major or catastrophic ensuring that wrestlers will frequently require emergency treatment while some injuries will require inpatient care or even surgery depending upon the diagnosis. Because of its violent nature, wrestling has been a target of injury prevention efforts. These efforts have included regulations that cap excessive and rapid weight loss, mat and equipment engineering interventions, and revision of weight classes among others with effectiveness noted especially in the weight management interventions at the world class levels.

Purpose: estimate the incidence of injuries in wrestling competitions and to identify and describe the types and mechanisms of injuries associated with wrestling competitions.

Study Design: Descriptive epidemiology study.

Methods: Injury data were obtained from World Wrestling League, Greco-Roman World Cup, Takhti Cup, 2015 Open Wrestling Tournament in Iran, between 2014 and 2015.

Results: Head injuries (such as Nosebleeds, face abrasion, Eyebrow Lacerations, and ear bleeding) were the most common and accounted for 50% of all injuries (n = 28), followed by knee injuries (n = 21), Rib Contusion (n= 5) and ankle (n = 18). The elbow and wrist were found to be the joint most commonly injured during wrestling competitions. Strains/sprains accounted for approximately twenty percent of all injuries. The most common injury sites were the shoulder, head/face, elbow, and knee. The incidence of injury was higher in free-style compared to Greco-Roman wrestling.

Discussion and Conclusion: Comparison of the wrestling competitions injury data with injury data reported for judo, taekwondo, and mixed martial arts showed that wrestling competitions were at substantially high risk of injury compared with these other sports. With head injuries being most common and the elbow being the area most vulnerable to injury in wrestling, it is important that participants, referees, and physicians be properly educated about the unique mechanisms of injury that can occur.

Keywords: Injuries; wrestling Competition