



INJURY BY REGIONS SEEN IN GRECO-ROMAN & FREESTYLE WRESTLING

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ABSTRACT: The aim of this study was to examine the regional differences of injuries that Greco-Roman and Free Style wrestlers suffer from. The study was carried out on 200 volunteer wrestlers all of whom attended national and international events from Turkey and Kyrgyzstan. Totally 200 wrestlers who were 100 Greco-Roman wrestler wrestlers and 100 were free style wrestlers, participated in this study voluntarily. The average age was 21.15±3.54. Statistical analysis included average, frequency and percentage scores were done by SPSS 15 programme. The results indicated that while free style wrestlers suffered from knee, hand, wrist and shoulder injuries more frequently than the Greco-Roman wrestlers, the Greco - Roman wrestlers got more rib, back, shoulder and elbow injuries than the Freestylers. At the end of this study, it is concluded that the differences of special techniques and defence styles between the Greco - Roman and Free-Style wrestling has an important role in injuries.

Table 1: The average range of demographic attributes of the wrestlers who took part in the study

Background	Freestyle=100	Greko-Romen n=100
Age	21.89	20.41
Length	173.52	172.64
Weight	74.82	71.24
Sports age	7.12	5.72
Weekly training frequency	5.70	5.48

Table 2: Percentage range of injury regions and the causes

Variations	Freestyle=100	Greco-Roman=100
No injuries	% 8	% 12
Inadequate free exercise	% 42	% 28
Inadequate concentration	% 16	% 7
Anomalous recovery	% 19	% 10
Losing weight	% 1	% 4
Incorrect technique	% 14	% 39

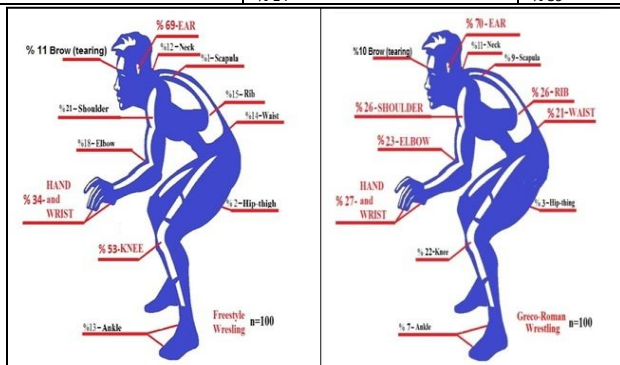


Figure 1. The percentage range of injury zones seen in Free style wrestlers and Greco-Roman wrestlers

DISCUSSION AND CONCLUSIONS: According to the examination of the findings; ear fractures are the most common injuries. The rate is 69 % among the free style wrestlers and 71% among the Greco-Roman wrestlers. Ear fractures are commonly seen in wrestling and it is accepted as the nature of this sport. Moreover; it is known that ear fractures do not keep the wrestlers away from training for a long time. Knee injuries seen among the free style wrestlers in our study reflects a quite high rate by 53 %. The rate of knee injuries is 22% for Greco-Roman wrestlers. This rate is similar to the results of some studies. Hence, Can (1997) determined in his study in which he examined the injury regions of wrestlers that the rate of knee injuries was 22,05 %. Similarly, Med Univer (2015) reported that the most common injuries seen on knees among Greco-Roman wrestlers, free style wrestlers, sambo and judo sporters with the rate of 56.7%. In their study on the prospective evaluation of wrestlers' injury regions, Charles and his friends (2000) reported that knee was the most injured part of the body. In another study, Yard and his friends (2007) reported that with the rate of 23.2 % knee was the most injured parts of the Greco-Roman and Free style wrestlers who joined the American national wrestling tournament. Our research findings show similarity with those of the other researchers. Moreover, our findings showing that free stylers have more knee injuries than Greco-Roman wrestlers resembles the findings of Yard (2007). It is assumed that the high rate of knee injuries are because of incorrect techniques, overloading lower extremities during the match, falling on mat severely, and sometimes the weights of both wrestlers burden only one knee. The reason why the rate of knee injuries seen among Greco-Roman wrestlers is lower is that it is forbidden for them to use lower extremities in the game. But freestylers use their lower extremities actively to win the game, so their knees are more prone to be injured. It is ascertained by our study that one of the most injured part of the bodies of wrestlers is shoulder with the rate of 22.5 %. While the rate of shoulder injuries among Greco-Roman wrestlers is 26 %, the rate is 21 for the free style wrestlers. It is thought that the main cause of frequency of shoulder injuries seen among wrestlers is that shoulder has the key role in defence. Thus, it has to carry a heavy load. It was ascertained that one of the most frequently injured parts of the wrestlers is their rib regions. The rate of rib injuries among Greco-Roman wrestlers is 26% while it is 15 % among free style wrestlers. Greco-Roman wrestlers have more rib injuries and it is thought, because the rib is the major part where defence and other techniques applied on the mat and in standing position. When the rate of hand and wrist injuries the wrestlers who took part in our study had was examined according to the style of wrestling, the rate was 27% for Greco-Roman wrestlers and 34 % for free style wrestlers. It is clear that free style wrestler have more hand and wrist injuries than Greco-Roman wrestlers. The rate of elbow injuries the Greco-Roman wrestlers who took part in our study had was 21 %. The rate was 18 % for free style wrestlers. When the rate of brow injuries the wrestlers who took part in our study had was examined, the rate was 11 % for Greco-Roman wrestlers and 10 % for free style wrestlers. The rate of neck injuries the Greco-Roman wrestlers who took part in our study had was 12 %. The rate was 12 % for free style wrestlers. Charles and his friends (2000) supports our findings with the rate of 11 %. When the rate of back injuries the wrestlers who took part in our study had was examined, the rate was 21 % for Greco-Roman wrestlers and 14 % for free style wrestlers. Yard and his friends (2007) reported that 9.8 % of the free stylers who joined the national tournament in America had back injuries and the rate was 9.3 % for the Greco-Roman wrestlers. While other researchers' findings reflect the statistics of a tournament, our findings reflect the statistics of back injuries of the wrestlers during their sport lives. On the questions we asked the wrestlers were the reasons of injuries. According to the answers received the highest rate was for inadequate free exercise with 35%. Another reason was incorrect techniques with the rate of 26.5 %. It was seen that 39% of the Greco-Roman wrestlers and 14% of the free style wrestlers had injuries because of incorrect techniques. Anomalous recovery or inadequate time of resting was one of the reason for injuries with the rate of 24.5 %. The rate was 19 % for the free style wrestler while it was 10% for the Greco-Roman wrestlers. **Conclusion:** It is concluded that the injuries show regional differences depending on the style of wrestling (Greco - Roman or free style) and the techniques. **Recommendations:** It is recommended that wrestlers should take trainings seriously as they do in matches, they should try to strengthen the parts they do not use actively in their techniques and they should do enough free exercise before the trainings and matches.

