

# Injury Prevalence in Portuguese and French Judo Athletes

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#### **Abstract**

**Context:** Judo is mainly an individual sport which requires great explosiveness and speed of movement, being considered as a combat sport with high risk of injury.

**Objective** To quantify the prevalence of musculoskeletal injuries in judo practitioners. The intention was also to evaluate the intensity of pain in different body locations of the judo practitioners.

Design cross-sectional and observational study

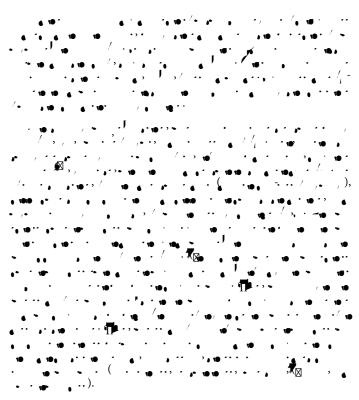
**Patient or other participants:** The sample used in this study consisted of 30 French judo practitioners and 30 Portuguese judo practitioners. All athletes completed an individual characterization questionnaire regarding the training conditions followed by the Nordic Musculoskeletal Questionnaire.

**Results:** The regions of shoulder, knee, lumbar spine and fngers were regions where athletes reported more pain. The French athletes presented relatively more pain in relation to the Portuguese athletes. It was also observed that the athletes devalued the pain, since it was observed alighting for the medians of the pain scale by different body regions that was 0 or 0.5.

**Conclusions:** We can conclude that in the present sample the prevalence of lesions is very high, especially in the shoulder, knee, fngers and lumbar spine. It was also concluded that injuries do not oblige the athletes to stop activities. To end, athletes have a higher pain threshold or devalue injuries.

# **Keywords:**

#### Introduction



#### **Methods**

### **Participants**





### Instruments

### Statistical Analysis



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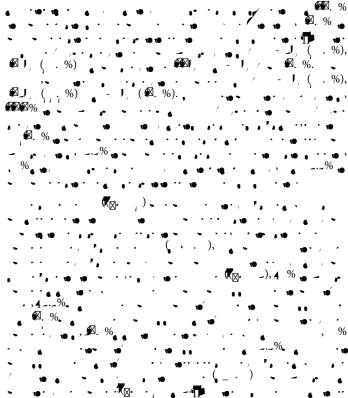
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## **Results**





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			Country				
Variable		Portugal			France		
		Female	Male	p*	Female	Male	p*
	n (%)	13 (43.3%)	17 (56.3%)	0.465	18 (60%)	12 (40%)	0.27
	Me (Q1-Q3)	19 (18-21.5)	18 (17-24)		22.5 (21-26.5)	20.5 (19-26)	
Age (years)	Mean ± SD	21.0 ± 4.8	21.24 ± 5.8	0.583			0.18

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Pag	ρ	4	οf	í

Body region Neck	Yes, Stop	No	р
Neck			

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## **Discussion**

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