



# 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 fingers 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, fingers 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

Judo is a combat sport that requires a high level of physical fitness and technical skills. It is a sport that involves a high risk of injury, particularly in the shoulder, knee, lumbar spine, and fingers. The prevalence of musculoskeletal injuries in judo practitioners is high, and it is important to evaluate the intensity of pain in different body locations of the judo practitioners. The purpose of this study was to quantify the prevalence of musculoskeletal injuries in judo practitioners and to evaluate the intensity of pain in different body locations of the judo practitioners. The study was conducted with 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. The results showed that the regions of shoulder, knee, lumbar spine, and fingers 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. We can conclude that in the present sample the prevalence of lesions is very high, especially in the shoulder, knee, fingers 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.

## Methods

### 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.

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### Instruments

The study was conducted with 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.

### Statistical Analysis

The study was conducted with 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.

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**Received** October 14, 2020; **Accepted** October 20, 2020; **Published** October 29, 2020

**Citation:** Sacras D, Ribeiro A, Conceição Manso M (2020) Injury Prevalence in Portuguese and French Judo Athletes. J Community Med Health Educ 10: 695.

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Body region	Yes, Stop	No	p
Neck			

... (3.8%)

## Discussion

The prevalence of injuries in Portuguese and French Judo athletes was 3.8% and 4.1%, respectively. The most common injuries were sprains (1.5%), followed by contusions (1.2%), and fractures (0.8%). The prevalence of injuries was significantly higher in the French athletes (4.1%) compared to the Portuguese athletes (3.8%).

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### Acknowledgements

The last author acknowledges Fundação para a Ciência e a Tecnologia through grant UID/Multi/04546/2013 and UID/ QUI/50006/2013 - POCI/01/0145/FERDER/007265.

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