Lesioak futbolean: Emakume – Gizon Konparaketa

Jon Larruskain
Josean Lekue
Nerea Diaz
Adrian Odriozola
Susana M Gil

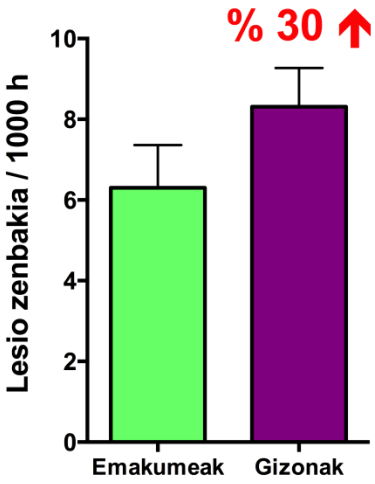
OEEren 27. Osasun Biltzarra: Aniztasuna osasunean

Lesioen erregistroa
Esposizio denbora

10-11 ⟹ 14-15

Intzidentzia – Larritasuna – Lesio motak

Lesioen intzidentzia



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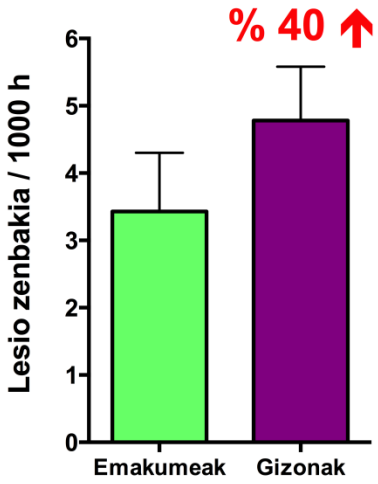

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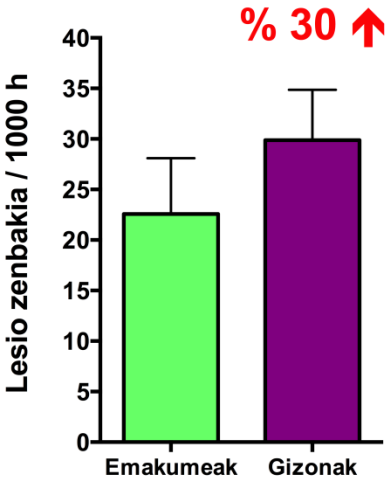
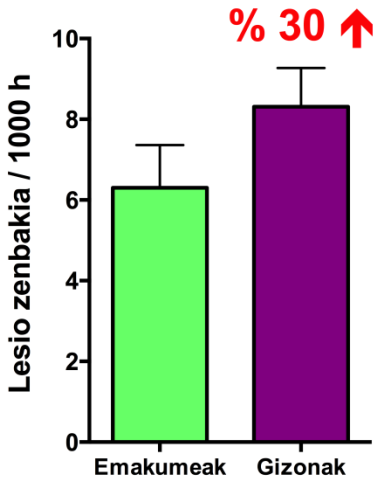


PARTIDUAK

Lesioen intzidentzia



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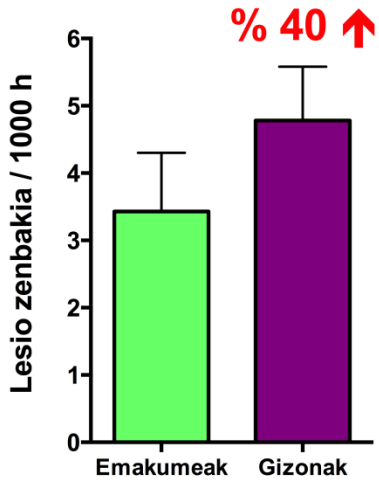

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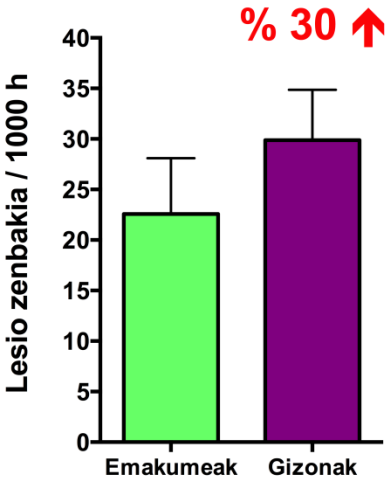

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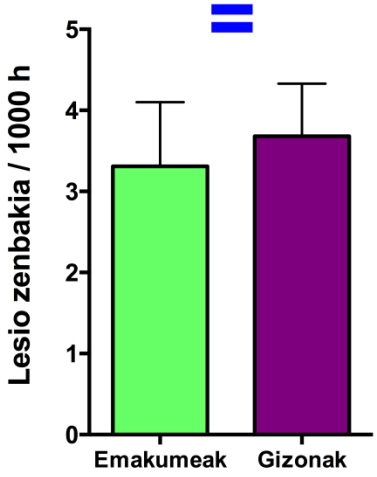

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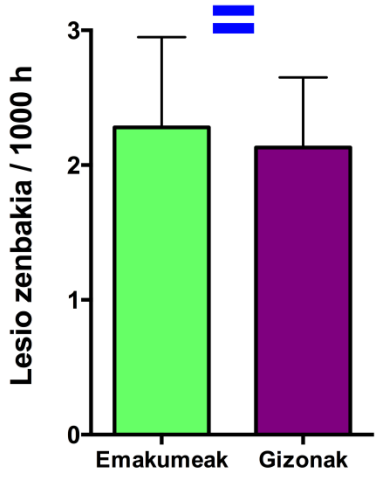

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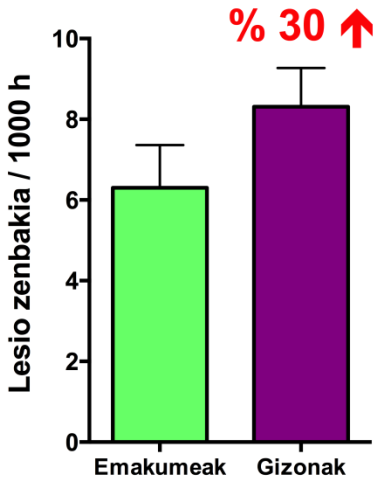
Lesioen intzidentzia



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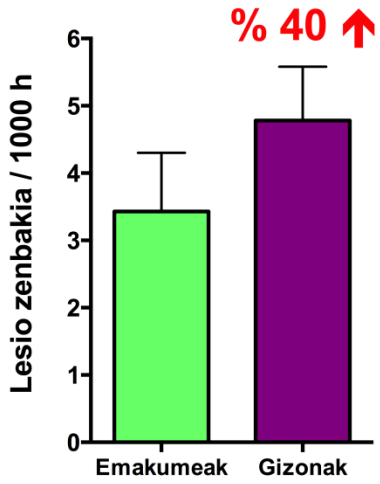

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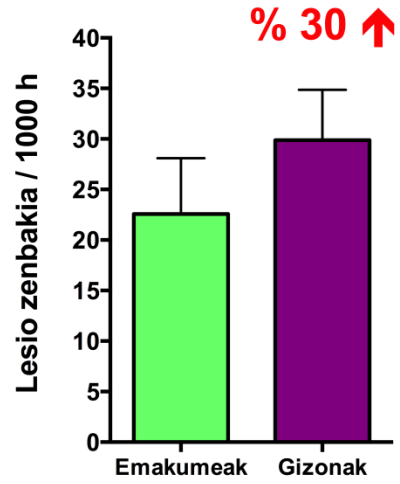

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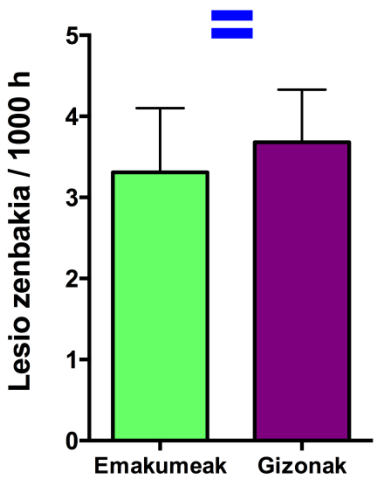

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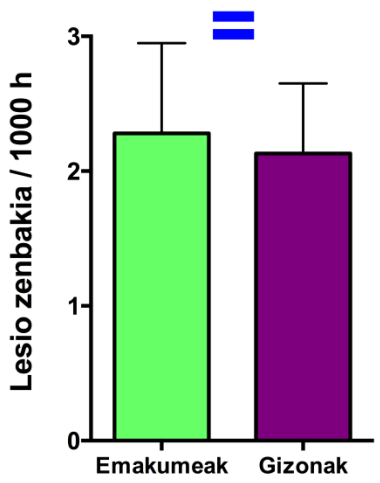

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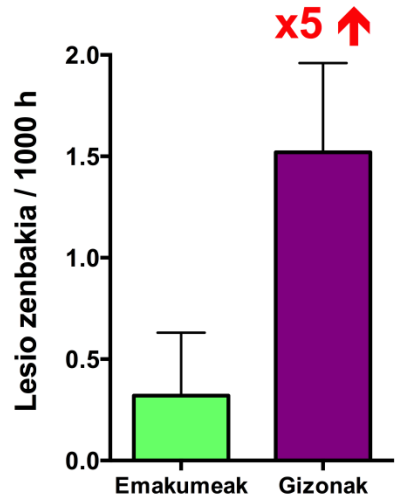
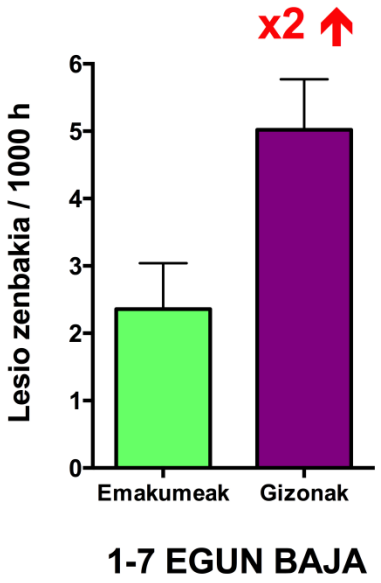
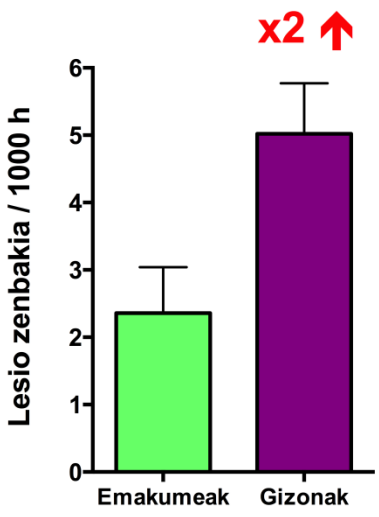


KONTUSIOAK

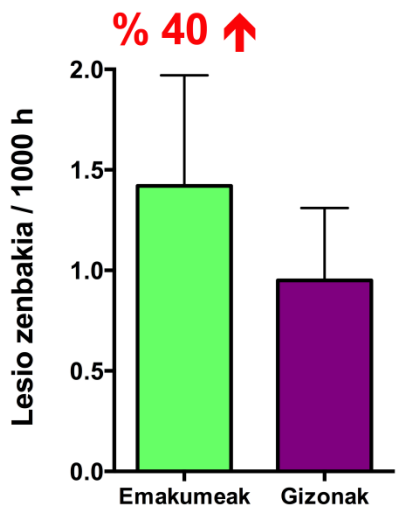
Lesioen larritasuna



Lesioen larritasuna

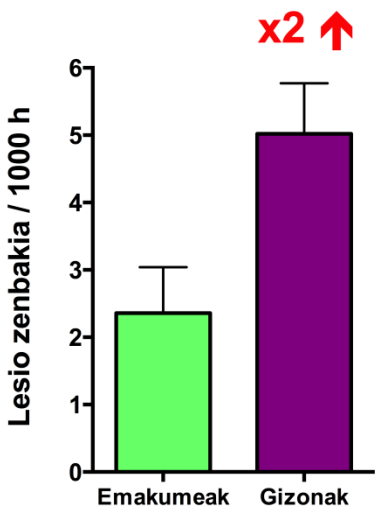


1-7 EGUN BAJA

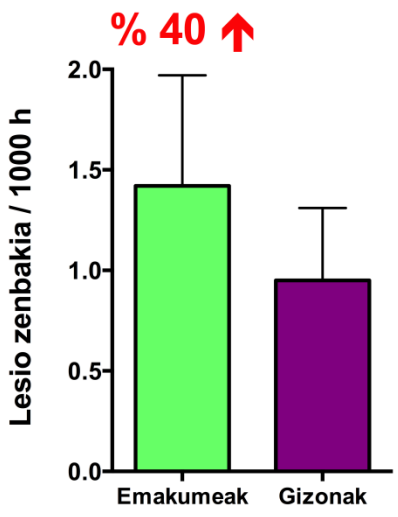


> 28 EGUN BAJA

Lesioen larritasuna



1-7 EGUN BAJA



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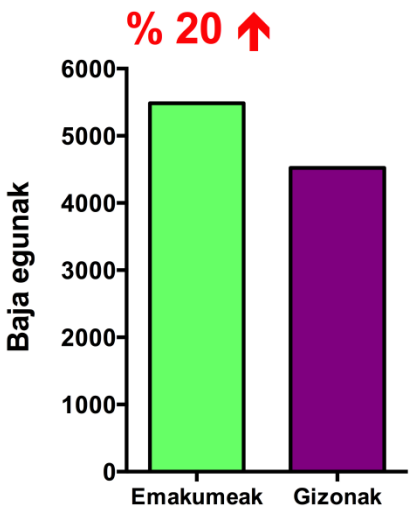


BAJA EGUNAK

Lesio motak

Belauneko lotailuetako lesio larriak

ACL hausturak x5

x5

Orkatilako lotailuetako lesio larriak

Lesio motak

x2

Koadrizeps gihar lesioak

Belauneko lotailuetako lesio larriak

ACL hausturak x5

x5

Orkatilako lotailuetako lesio larriak

Lesio motak

x2

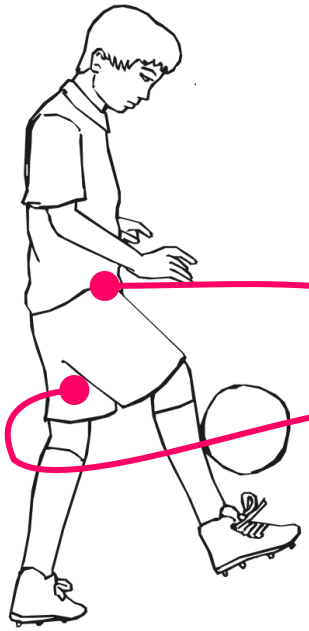
Koadrizeps gihar lesioak

Belauneko lotailuetako lesio larriak

ACL hausturak x5

x5

Orkatilako lotailuetako lesio larriak



x1.6

Aldaka/iztarte lesioak

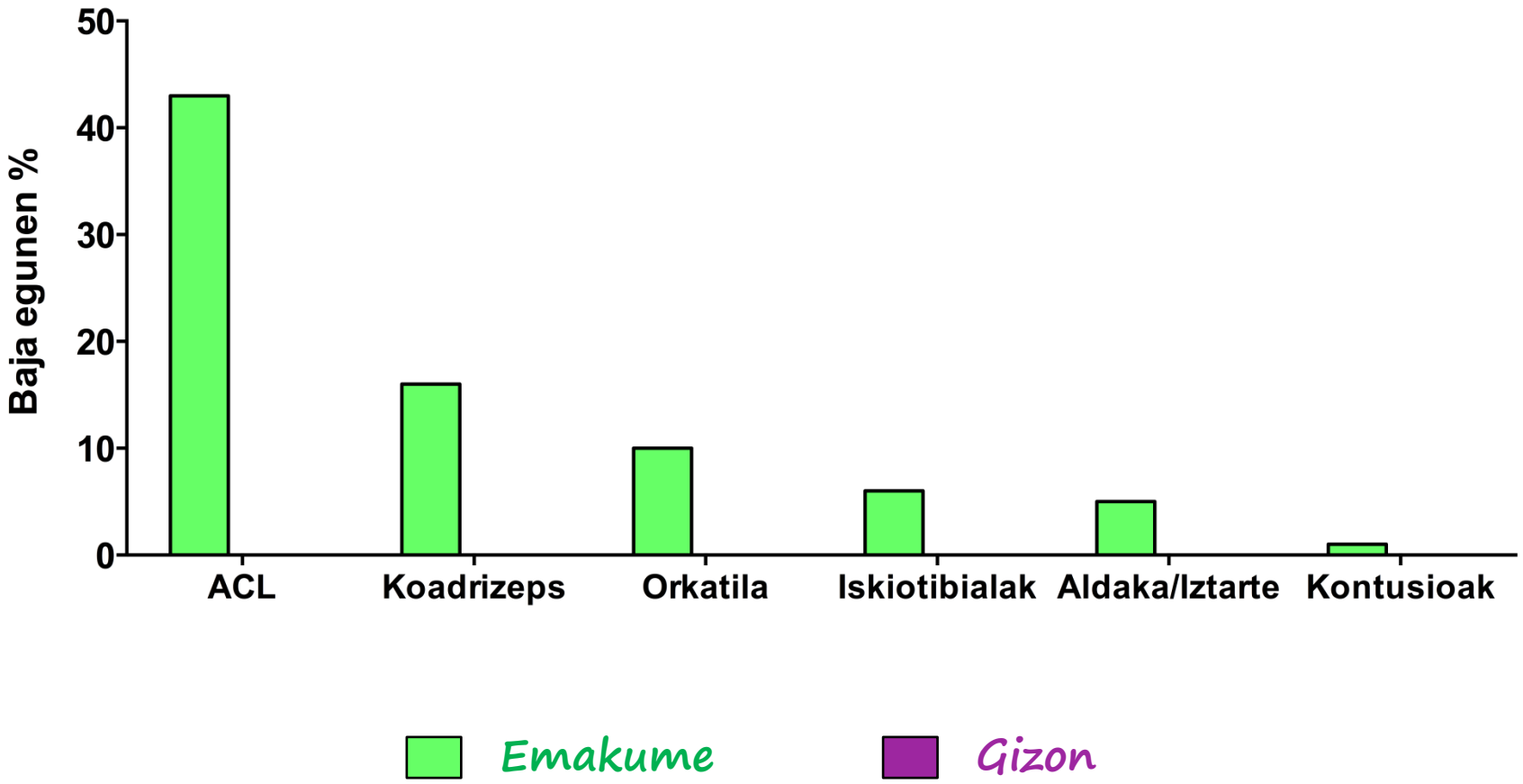
Iskiotibialetako gihar lesioak

x2

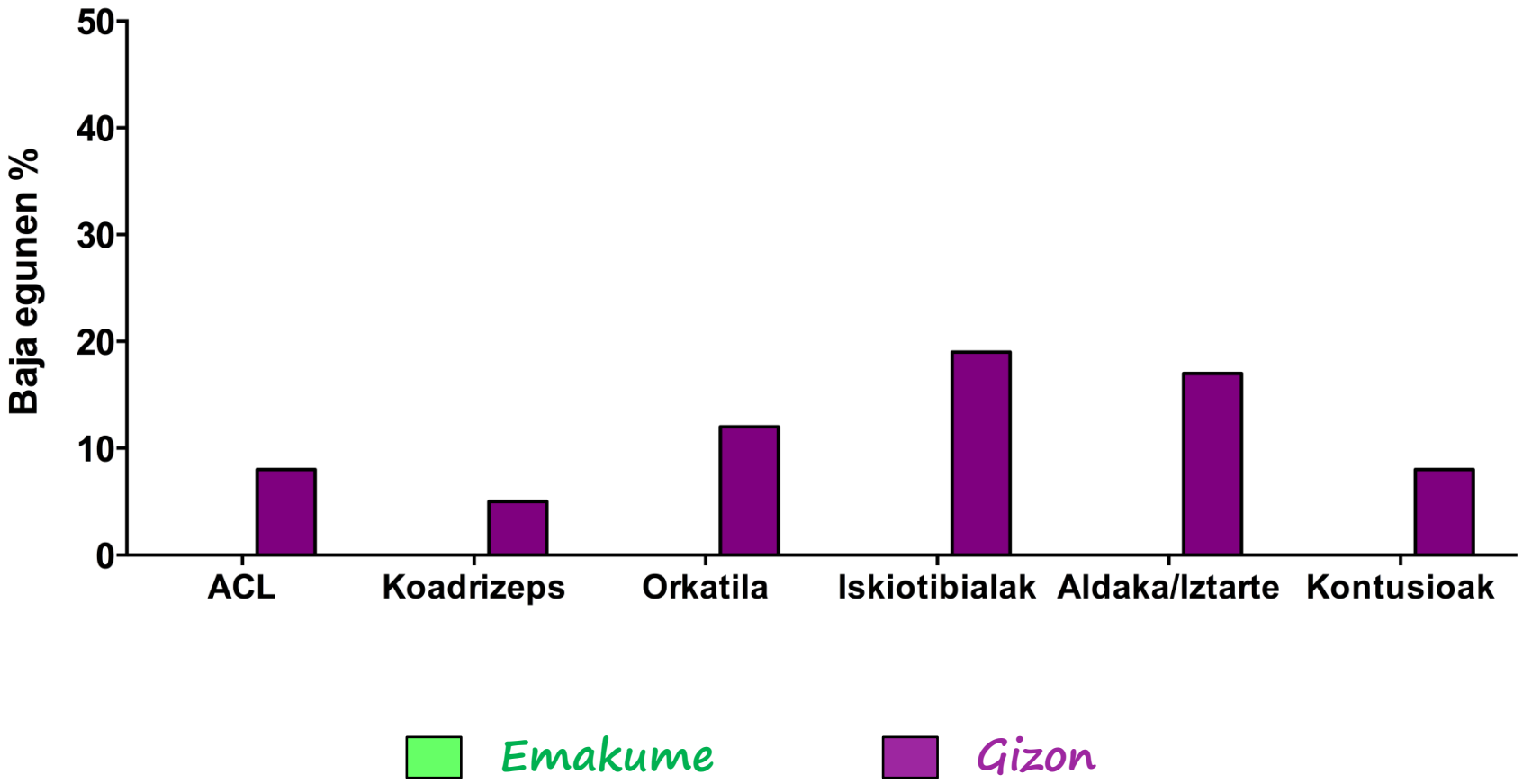
Baja egunen %

Baja egunen %
50
40
30
20
10
0
ACL
Koadrizeps
Orkatila
Iskiotibialak
Aldaka/Iztarte
Kontusioak
Emakume
Gizon

Baja egunen %


Baja egunen %
50
40
30
20
10
0
ACL
Koadrizeps
Orkatila
Iskiotibialak
Aldaka/Iztarte
Kontusioak
Emakume
Gizon

Baja egunen %


Baja egunen %
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40
30
20
10
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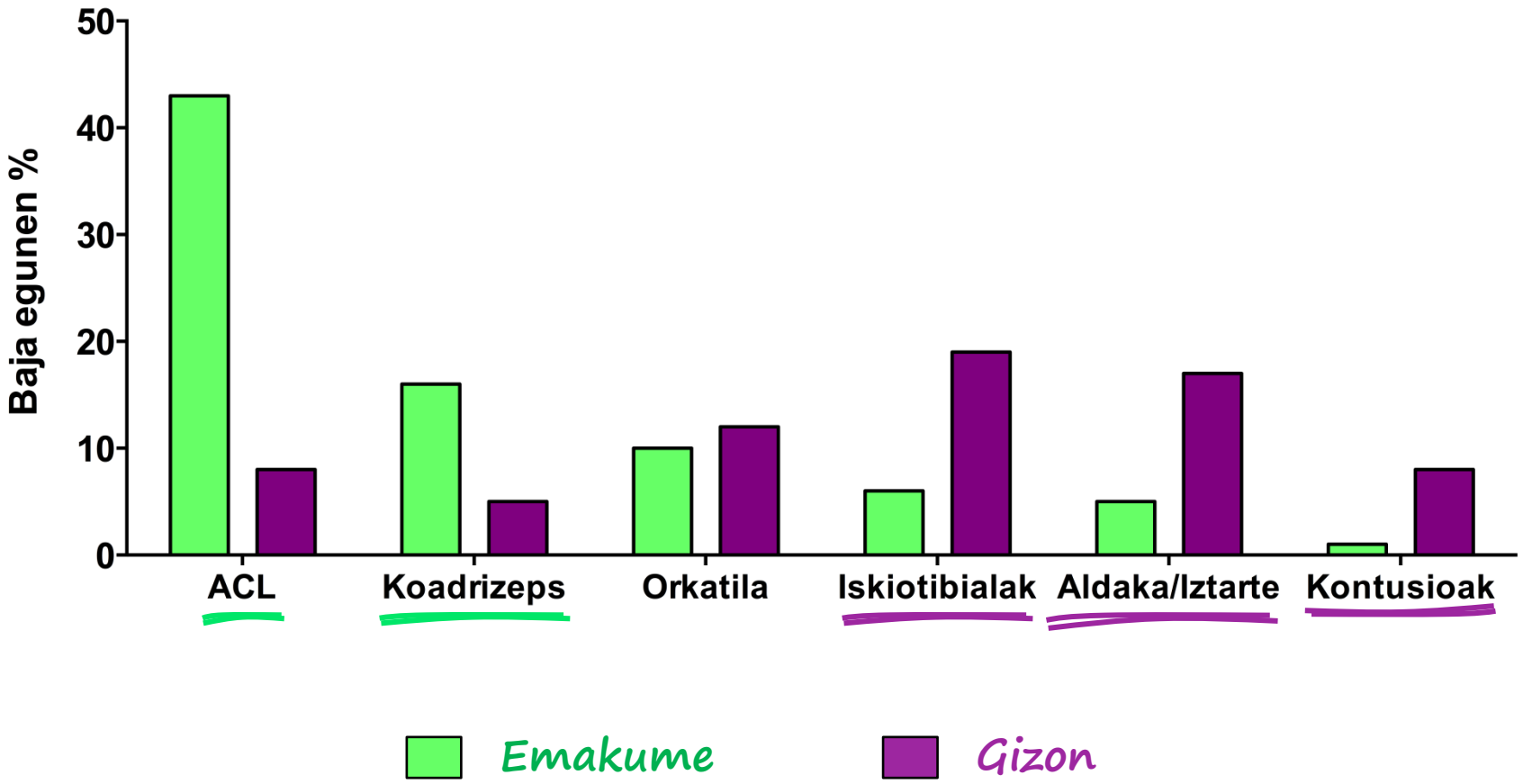
ACL
Koadrizeps
Orkatila
Iskiotibialak
Aldaka/Iztarte
Kontusioak
Emakume
Gizon

Baja egunen %


Baja egunen %
50
40
30
20
10
0
ACL
Koadrizeps
Orkatila
Iskiotibialak
Aldaka/Iztarte
Kontusioak
Emakume
Gizon

Ondorioak

- Gizonetan intzidentzia % 30-40 ⊕

  ⇒ Kontusioak (1-7 egun baja)

- Emakumeetan denbora galera ⊕

  ⇒ Lesio larrien intzidentzia (ACL + orkatila)

Ondorioak

- Gizonetan intzidentzia % 30-40 ⊕

  ⇒ Kontusioak (1-7 egun baja)

- Emakumeetan denbora galera ⊕

  ⇒ Lesio larrien intzidentzia (ACL + orkatila)

- PREBENTZIO ESKU-HARTZEAK:

Emakumeak

*Aurreko lotailu gurutzatua

Orkatila

Koadrizepsa

Gizonak

Iskiotibialak

Aldaka/Iztartea

Orkatila

Belauna

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jlarruskain@hotmail.com
@TheJonLa

Original Article

A comparison of injuries in elite male and female football players: A 5-Season prospective study

Jon Larruskain, Jose A. Lekue, Nerea Diaz, Adrian Odriozola, Susana M. Gil

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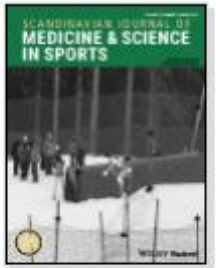

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Abstract

The aim was to compare the epidemiology of injuries between elite male and female football players from the same club. Injuries and individual exposure time in a male team and a female team, both playing in the Spanish first division, were prospectively recorded by the club's medical staff for five