

Pattern Of Injuries And Illnesses Among Malaysian Athletes During The XXVII Asian Games 2014

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Background

Although more Malaysian athletes are taking part at international multi-sports events. Their well-being at these events has not been fully explored. The purpose of this study is to examine the pattern of injury and illness among Malaysian athletes participating at the XXVII Asian Games 2014.

Methods

Clinical and socio-demographic information of athletes diagnosed with injuries or illness during the centralised training camp and throughout the Games were recorded in a standardised report form.

Results

During the 26-days of the study period a total of 83 injuries and 64 illnesses were recorded from 276 athletes. Muscle strains and tears were the most common type of injury followed by ligamentous and soft tissues contusion/bruise. The number of injuries was highest among badminton players followed by hockey and rugby. A significantly higher incidence of injuries was observed among men than women hockey players. Respiratory tract infection was the most frequent illness diagnosed among athletes. Most injuries and illnesses diagnosed among athletes were minor and did not result in time away from participation.

Conclusion

The incidence of injuries and illnesses among Malaysian athletes at the XXVII Asian Games were comparable with those reported by previous authors. Injury and illness rate were influenced by gender and sports. Fortunately, the majority of injuries and illnesses were minor and did not prevent athletes from participation.

Keywords

Sports injuries, epidemiology, multi-sports games

Competing interest

None