

SPORTS INJURIES AND INJURY MANAGEMENT TECHNIQUES AMONG DOMESTIC ATHLETES IN KUMASI, GHANA

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ABSTRACT

In the developed world, there are enough data on sports injuries, making it possible for both researchers and practitioners in the sports industry to executive their demands with ease. But such data in Ghana is not readily available. This study compiled sports injuries occurrence and management techniques used by domestic sports men and women from Kumasi Ashanti region, Ghana. One hundred and six domestic athletes (mean age of 23.25 ± 7.31) who have been in active participation for not less than five years were randomly sampled for the study. Samples were drawn from professional and amateur categories and seven grouped sports (track and field, football, basketball, hockey, handball, double sports and multiple sports). Sports injury prevalence and management techniques were obtained using validated open-ended and close-ended questionnaire. Descriptive and graphical analyses were deployed for data interpretation. Sports injury prevalence were ankle sprain (20.6%), knee dislocation (20.6%), shoulder dislocation (8.8%), hamstring strain (7.4%), groin injuries (5.9%) and others (22.1%). More injuries occurred in the course of play (57.4%) than during practice or training (39.7%) and during both training and game (2.9 %). 71.3% of the injuries occurred at the lower extremities. Professional athletes sustained less of the injuries (39.7%) than amateur athletes (60.3%). The ratings of injury management techniques are athletes' self-effort 33.8%, medical doctor at the hospital 30.9%, certified professional sport physicians 20.6% and herbalists 13.2%. There is high prevalence of ankle sprain, knee dislocation, hamstring strain and groin sports injuries especially at the lower extremities and that best practices in injury prevention and management were not followed by the athletes. Modern sports injuries avoidance techniques seminar should be organised for the athletes and their coaching crew.