

# TRAUMA IN FOOTBALL, ASSUMPTION OF RESPONSIBILITY AND PREVENTION IN CONNECTION WITH 136 CASES.

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## INTRODUCTION

The practice of football, amateur or professional, is generating various pathologies. It causes constraints due to the necessary increase of training volume, technical and tactical modifications: Long season, important issue, multiple competitions, injury of other players. The more you play, the more the body needs to recover especially at the end of the season. Whatever its level and the intensity of this practice, the athlete is not immune to the occurrence of an accident. Any incident deserves a quick diagnosis, avoiding any serious consequences as a result. Their good knowledge will enable appropriate care. It will also save time in healing time and return to the field

## GOAL

To identify the different injuries that occurred during the practice of high level football, their management and their possible prevention.

## PATIENTS AND METHODS

Retrospective and descriptive study of 136 cases on 332 lesions of footballers followed during two sporting seasons, from September 2013 to September 2015 included. It took place on the field during matches and in the Physical Medicine and Rehabilitation Service.

The collection of data using medical charts, activity reports and patient consultation records This includes: professional male soccer players from the first division and national team championships. Are excluded: amateur and female footballers Were studied: age, clinical signs and imaging data

## RESULTS

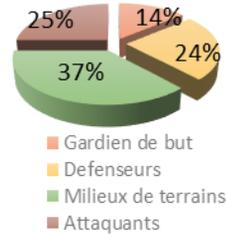


Fig 1: Frequency of injuries by field post

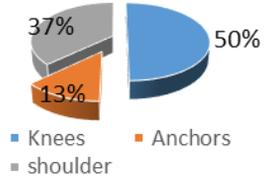


Fig 2: The most affected joints

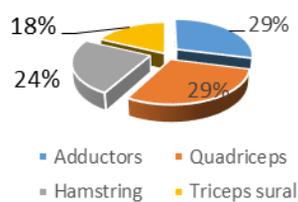


Fig 3: The most affected muscles

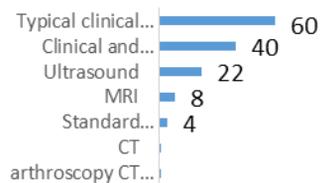


Fig 4: The elements of the diagnosis



Image 1: Serious sprain of the right ankle of a midfielder

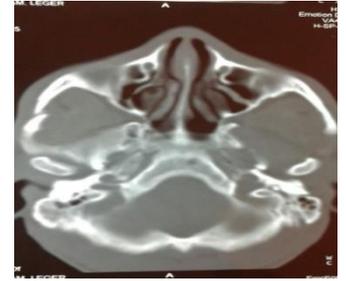


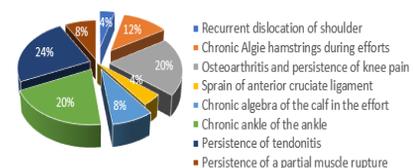
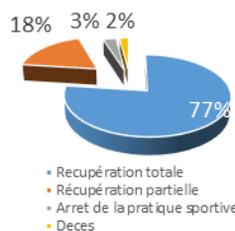
Image 2: Fracture of the right zygomatic arch of an attacker

Type of traitement	Number of patients
conservative treatment	126
Traitement chirurgical	10
<b>Total</b>	<b>136</b>

Table 2: Type of treatment: conservative and surgical

	Ice	Local Anti-inflammatory	General Traitement	physiotherapy	Rest	
Without anatomical injury	Cramp, courbature	0	+	0	+	05-10 days
With anatomical injury	Elongation	+	+	+	+	10-15 days
With anatomical injury	Break down	+	+	+	+	15-30 days
With anatomical injury	Breaking	+	+	+	+	30-60 days
Intermediate	Contusion	+	+	According to gravity	According to nature	02-60 days

Table 3: summary of the management of muscle injuries of athletes



## CONCLUSION

Trauma without anatomical injury often heals without sequelae. For the anatomical lesion, possible complications and sequelae delaying the sports recovery within the deadlines