79 - INDEX OF INJURY OSTEOARTICULARES IN ATHLETES OF ROWING

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INTRODUCTION

While rowing has been introduced as a sport in the Olympic Games of 1986, he began as a means of survival, transport or how to act in war, there is no record of its existence as a traditional sport, which only came to the sport grow in USA explosion with the arrival of immigrants in the nineteenth century and early twentieth century. The rowing is considered an Olympic sport since the inauguration of the modern era of the Olympic Games and is now behind only the evidence of field and track (athletic) in the total number of athletes in competition (SANTINONI, ABREU, 2006).

The rowing is divided into two distinct categories, Parlamenta simple (sweep) and parliamentary double (scull). The first category requires that the athlete row with a single and long rowing (3.8 m; 12.5 feet), located at the port (left) or the estibordo (right), already in the scull each athlete uses two paddles shorter (3m; 9.9 feet), moved simultaneously. Originally all rowing, both for a category as to the other was done with a type of very light wood, but now it is done in carbon fiber, becoming then the weight reduced. (GARRET JUNIOR e KIRKENDALL, 2003).

Biomechanical, the rowing means the act of moving a boat with or without helmsman, the muscle strength of one or more paddlers, using paddles as levers and seats back to the direction of motion of the boat. Rowing in a device or tank that simulate the action of row in a boat is also regarded as rowing (BAPTISTA, REIMANN, 2005).

Taking place in a boat rowing differs from other aerobic activities, as it is performed in sitting position, and, with the exception of timoneiros, all athletes remain seated with their backs to the bow of the vessel, back to the direction in which the boat moves, the number of banks is ordered beginning of the bow (front) for the "rowing of stern (backward)," one that sits closest to the stern (back), the rower of stern frequently is the most skilled, he who is going to start and stabilize the pace. The region median of the boat (for example, seats 3, 4, 5, and 6 of 8 paddlers) is considered the "machine room" of the boat, responsible for the greater progress of a boat. (GARRET JUNIOR and KIRKENDALL, 2003)

In rowing, a large number of injuries occur while the athlete is preparing to physically row, and not because of the practice itself. That is, they are caused by over-training or a technical mistaken.

An injury by over-training is due to the stereotypical repetition of a movement pattern, which commits the tissues. This kind of problem occurs frequently in key moments of the athlete's career, usually in preparation for an important competition, or after returning from vacation or periods of illness, when he thinks they need to do extra drills to recover the level of performance before. A mistaken technique is easy to acquire but difficult to fix. Most of the time, the technique is mistaken result of a physical abnormality smaller, which is increased by virtue of the moves necessary to row. (Confederation of Brazilian Rowing-CBR, 2005)

Thus This study aims to identify the prevalence in bones and articulation more common in professional athletes for rowing, with the hypothesis that there is no association between the category of athletes from rowing and prevalence of injuries in bones and articulation.

METHODOLOGY

It used a search of the type descriptive, why not intervene in the object of study and that a questionnaire was used to conduct the search, we just went identify and describe the variables. (And THOMAS NELSON, 2002)

The sample was 30 (thirty) athletes from professional rowing the male gender in categories Junior A (17 to 18 years), beginners (paddlers who have not disputed any regatta and neither obtained 3 wins), and senior B (23 to 27 years), rowing clubs, located in the Rodrigo de Freitas Lagoon in Rio de Janeiro. Athletes used as samples are practitioners of the sport rowing for more than 1 year, without giving any type of injury in bones and articulation at the time of the search and apparently healthy. (ACMS 2006)

All participants agreed that research into signing the Term of Participation Consented in accordance with (CNS, 1997). Containing: goal of the study, assessment procedures, possible consequences, emergency procedures, the voluntary nature of participation of the subject and exemption from liability by the evaluator can be seen in Annex A.

It was used to collect data a questionnaire with 25 questions open and half-closed previously validated that are designed to identify the legality of the practice of activity and assess the history of diseases and the need for treatment in accordance with (ACMS, 2006) to registration and collect the information of the occurrence of injuries in bones and articulation and a sheet collection of measures and anamnesis.

It was used to collect data relating to the morphology of informants: a trena metal Brand Sanny ®, a tape measure conventional, ten pens and a balance Tanita ®. The data collected were used to calculate BMI and RCQ the subject for the purpose of the feature on morphology.

This work meets the standards for the Implementation Research in Human Beings, Resolution 196/96, the National Health Council, 10/10/1996.

The treatment of the data was made in order to mathematically explain and illustrate through graphs and tables drawn up from information (results) obtained in the use of tools (questionnaires).

The data were processed by using descriptive statistics (mean, standard deviation, mode, etc.) to identify a higher incidence of the responses obtained.

RESULTS

Before the questionnaires used can see some results relevant to our study. The thirty athletes in rowing who were questioned, are the male gender with average age of 18.80 ± 2.09 years, average weight of 73.7 ± 8.18 kg, stature average 1.83 ± 0.07 m, IMC average 21.94 ± 2.29 kg / m 2 and IRCQ average of 0.87 ± 0.04, and in categories Junior A (17 to 18 years), beginners (athletes Starter) and Senior B (19 to 23 years).

Among these 80% said practice after regular physical activity practices of rowing. As for the regularity of athletes, 66.67% practice activity more than three times a week, 16.67% 3 times a week, 3.34% 2 times in the week and 13.13% void.

The distributions of their schedules before the practices found that the activity of rowing and after the start of the same number declined in percentage as activities related to leisure 3.13%, then 2.39%, time devoted to feeding 1.97 %, since the beginning dedicated more time 2.69%, for the transit before the activity 37.37%, and after the activity that percentage decreased to 0.88% before dedicated to reading 37.6%, after due to many hours of training devote only 1.02%. Regarding the quality of life throughout the

program of activities before was judged that 6.67% was unchanged, 63.34% good, 23.34% excellent, 3.34% and 3.34% indifferent void. And therefore also felt the quality of life after practice activities 3.33% unchanged, 33.33% consider good, 50% excellent and 6.67% claim to be indifferent.

The provision of the athlete after practice the activity of rowing has the option with the greatest percentage of positive (70%) was to have improved a lot.

Regarding the practice of other activities outside the training, we can see that 34.0% did not practice any activity besides rowing, and only 23.0% practice football, because the training is to be very tiring, not leaving so physical conditions to practice another sport.

When it comes to influence physical activity in the rest of the night 40% realized that came to sleep better after they started the practice of physical activity, including what is relevant to them the feeling of the rest to be quite effective. Already 23.33% not noticed any change in the "sleep better", after starting the practice of physical activity. The average hours of sleep per night was between 6 to 8 hours with 56.67% and 4 to 6 hours with 26.6%.

The motivation for starting the physical activity because really like total 46.66% and 26.66 initiated with the aim of being athletes.

If they were to provide a space in their work for the practice of physical activity, 46.66% said yes and who would be available to pursue bodybuilding in a space of time in your work and 43.33% if available to practice martial arts.

When comes the practice of activity on weekends, 80% said they practice, to which 30% play football or volleyball, and 26.6% run or walk.

As for the injuries in bones and articulation, there was a tie, 50% have suffered some type of injury **osteoarticular** and 50% reported not. As to the type of injury more evident 23.3% pointed back pain, 16.3% condromalacia Patelar.

These lesions have been most evident with 40% in the knees, 20% in the back of the column. The possibility of having had a lesion in the same place more than once is 70% athletes confirming and 20% do not have any type of injury in the same place more than once.

Within the 73% who have had injury more than once in the same place, the knee has been identified as the region's injury repeat for 13.3% and the back of the spine, 16.6%.

In practice the activity of rowing questioned on the emergence of some kind of injury, and 46.6% pointed to the emergence of injury practicing activity of rowing and the knee was where the injury was more marked 23.3% followed by the back spine 16.3%.

With reference to the emergence of any injury to work with physical 10% of people who engage in physical activity rowing acquired this injury, running. So this injury for the most 23.3% were focused on knee and 16.3% in the back of the column.

Of the athletes, 53.3% leaving the training with some pain and the region more aggravating is the lumbar, and 46.6% did not feel any pain after the drills.

About the recurrence of pain in which people feel to leave the training 10% say this recurrence in the lumbar region.

CONCLUSION

Is noticed that the time devoted to leisure decreased because, some athletes are training at full time. The time devoted to feeding increased due to the fact the provision of athletes have the help of a nutritionist to guide them in their diet.

The time spent in transit on the ride home-club declined because some athletes are using the dormitories of the club to spend the night and to go home only on weekends. The vast majority of athletes 66.67% trains in the morning, because during the afternoon studying and or working from 9am in the morning, and 33.33% practice activity of rowing, 14h the 18h because studying in the mornings and train during the afternoon.

With regard to injuries in bones and articulation, there was a tie, 50% have suffered some kind of injury and 50% reported not. Of the 50% who reported to have suffered some kind of injury or feeling pain after training 33% had lesions in the knee and 27% had problems in the back of the column.

Before the instrument we have observed that 57% row the two modalities, and that 30% row the two terms and have no problem of injury. The 27% of respondents who row a parliamentary form of simple, and of these 25% did not have any type of injury. And of the 18% of athletes who row the parliamentary dual 5% did not have any type of injury.

According to the foregoing note that it is more beneficial to the rowing athlete of the two current working arrangements, even if it is in the tank training before their health and prevention of injury to the athlete that he only train a mode.

Regarding the rate of injury in bones and articulation in rowing athletes of today is the much because of the training outside water than in the training inside the boat, because the injury of knee and the back of the column were made in the training of race and bodybuilding.

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INDEX OF INJURY OSTEOARTICULARES IN ATHLETES OF ROWING

ABSTRACT:

The study aims to discuss the content of injuries in bones and articulation in rowing athletes of the sport. Objective: To analyze the habits of paddlers and find out if the rate of injuries is high, low or medium. For this study used a search descriptive of the type of inquiry according to Tomas and Nelson, The sample was 30 (thirty) athletes from professional rowing the male gender of 3 categories of the rowing clubs located in the Rodrigo de Freitas Lagoon in Rio de Janeiro, all practitioners the sports rowing for more

than 1 year, without giving any type of injury in bones and articulation at the time of the search and apparently healthy. (ACMS 2006) It was used to collect data a questionnaire which contains 25 questions, with the goal of identifying the legality of the practice of activity and assess the history of diseases and the need for treatment, previously validated for registration and collect the information of the occurrence of injuries in bones and articulation and a bookmark collection of measures and anamnesis. Results: The time devoted to leisure decreased because some athletes are training at full time. Time devoted to feeding increased due to the fact of having to provision the help of a nutritionist to guide them in their diet. Time spent in transit on the ride home-club fell by the fact use the dormitories of the club to pass the night and to go home only on weekends. The vast majority of athletes 66.67% trains in the morning, because of late and studying or working from 9am in the morning, and 33.33% practice activity of rowing, 14h to 18h, because studying in the morning and train in the afternoon. With regard to injuries in bones and articulation, there was a tie, 50% have suffered some kind of injury and 50% reported not. Of the 50% who reported to have suffered some kind of injury or feeling pain after training 33% had lesions in the knee and 27% had problems in the back of the column. It was observed that 57% row two modes, whereas 30% row the two and has no problem of injury. The 27% of respondents who row a parliamentary form of simple, and of these 25% did not have any type of injury. And of the 18% of athletes who row the parliamentary dual 5% did not have any type of injury. Conclusion: With the results shows that it is more beneficial to the rowing athlete of the two current working arrangements, even if it is in the tank training before their health and prevention of injury to the athlete that he only train a mode. Regarding the rate of injury in bones and articulation in rowing athletes of today is the much because of the training outside water than in the training inside the boat, because the injury of knee and the back of the column were made in the training of race and bodybuilding.

KEY-WORDS: Index of Injuries; Athletes, and Row.

ÍNDICE DE LESIÓN OSTEOARTICULARES EN ATLETAS DE REMAR

RESUMEN:

El estudio apunta discutir el contenido de lesiones en huesos y la articulación en remar a atletas del deporte. Objetivo: Para analizar los hábitos de paddlers y descubrir si el índice de lesiones es alto, del punto bajo o del medio. Para este estudio usado una búsqueda descriptiva del tipo de investigación según Tomas y Nelson, la muestra era 30 (treinta) atletas del profesional que remaba el género masculino de 3 categorías de los clubs que remaban situados en el Rodrigo de Freitas Lagoon en Río de Janeiro, todos los médicos los deportes que remaban por más de 1 año, sin dar ningún tipo de lesión en huesos y la articulación a la hora de la búsqueda y al parecer sano. (ACMS 2006) fue utilizado para recoger datos un cuestionario que contiene 25 preguntas, con la meta de identificar la legalidad de la práctica de la actividad y determina la historia de enfermedades y la necesidad del tratamiento, validada previamente para el registro y recoge la información de la ocurrencia de lesiones en huesos y la articulación y de una colección del bookmark de medidas y de la anamnesis. Resultados: El tiempo dedicó al ocio disminuido porque algunos atletas están entrenando en a tiempo completo. El tiempo dedicó a alimentar creciente debido al hecho de tuvo que disposición la ayuda de un nutricionista de dirigirlo en su dieta. El tiempo pasado en tránsito en el hogar-club del paseo bajó por el uso del hecho los dormitorios del club de pasar la noche y de ir a casa solamente el fines de semana. La mayoría extensa de los atletas 66.67% entrena por la mañana, debido a tarde y estudiando o trabajando a partir del 9am de la mañana, y la actividad de 33.33% prácticas de remar, de 14h a 18h, porque estudia por la mañana y el tren por la tarde. Con respecto a lesiones en huesos y la articulación, había un lazo, los 50% han sufrido una cierta clase de lesión y los 50% divulgados no. De el 50% quién divulgada para haber sufrido una cierta clase de dolor de lesión o de la sensación después de que el entrenamiento del 33% tuviera lesiones en la rodilla y el 27% tenía problemas en la parte posteriora de la columna. Fue observado que los modos de la fila dos del 57%, mientras que fila del 30% los dos y no tiene ningún problema de lesión. El 27% de los respondedores que reman una forma parlamentaria de simple, y de estos 25% no tenían ningún tipo de lesión. Y de el 18% de los atletas que reman el parlamentario se doblan los 5% no tenían ningún tipo de lesión. Conclusión: Con los resultados demuestra que es más beneficioso al atleta que rema de los dos arreglos de trabajo actuales, incluso si está en el entrenamiento del tanque antes de su salud y la prevención de lesión al atleta que él entrena solamente a un modo. Con respecto al índice de lesión en huesos y de la articulación en remar a atletas de hoy está el mucho debido a el entrenamiento fuera del agua que en el entrenamiento dentro del barco, porque lesión de la rodilla y la parte posteriora de la columna fueron hechas en el entrenamiento de la raza.

PALABRAS CLAVES: Índice de lesiones; Atletas, y remar

ÍNDICE DE LESÕES OSTEOARTICULARES EM ATLETAS DE REMO

RESUMO:

O estudo visa falar sobre o índice de lesões ostioarticulares em atletas do desporto remo. Objetivo: analisar os hábitos dos remadores e descobrir se o índice de lesões é alto, baixo ou médio. Para tal estudo utilizamos uma pesquisa do tipo descritiva de inquérito segundo Tomas e Nelson, A amostra foi 30 (trinta) atletas de remo profissionais do gênero masculino de 3 categorias, de clubes de remo localizados na Lagoa Rodrigo de Freitas, no Rio de Janeirotodos praticantes do desporto remo há mais de 1 ano, sem apresentar qualquer tipo de lesão osteoarticular no momento da pesquisa e aparentemente saudáveis. (ACMS 2006). Foi utilizado para a coleta de dados um questionário que contém 25 perguntas, com o objetivo de identificar a regularidade da prática da atividade e avaliar a história de patologias e a necessidade de tratamento, previamente validado para registro e coletar as informações da ocorrência de lesões osteoarticulares e uma ficha de coleta de medidas e anamnese. Resultados: O tempo dedicado ao lazer diminuiu pelo fato de alguns atletas estarem treinando em período integral. Tempo dedicado a alimentação aumentou decorrente ao fato destes terem a disposição a ajuda de uma nutricionista para orientá-los em sua dieta. Tempo gasto no transito no trajeto casa - clube diminuiu pelo fato de usarem os dormitórios do clube para passar a noite e irem para casa somente nos finais de semana. A grande maioria dos atletas 66,67% treina pela manhã, pois estudam de tarde e ou trabalham a partir das 9h da manhã, e 33,33% praticam atividade de remo de 14h às 18h, pois estudam de manhã e treinam de tarde. No que diz respeito às lesões osteoarticulares, houve um empate, 50% já sofreram algum tipo de lesão e 50% relataram que não. Dos 50% que relataram ter sofrido algum tipo de lesão ou que sente dor depois do treino 33% tiveram lesões no joelho e 27% tiveram problemas na região posterior da coluna. Observou- se que 57% remam duas modalidades, sendo que 30% remam as duas e não tem nenhum problema de lesão. Os 27% dos entrevistados que remam a modalidade de parlamenta simples, e destes 25% não tiveram qualquer tipo de lesão. E dos 18% dos atletas que remam a parlamenta dupla 5% não tiveram nenhum tipo de lesão. Conclusão: Através dos resultados observa-se que é mais benéfico para o atleta de remo atual trabalhar as duas modalidades, mesmo que seja no tanque de treinamento pra a sua saúde e prevenção de lesão do que ele o atleta só treinar uma modalidade. No que se refere ao índice de lesão ostearticular nos atletas de remo atual se da muito mais pelo fato do treinamento fora d'água do que no treinamento dentro do barco. Já que as lesões de joelho e parte posterior da coluna se deram no treinamento de corrida e musculação.

PALAVRAS-CHAVE: Índice de Lesões; Atletas, e Remo.