Abstract

Title:

The most common issues of sprint kayaker´s locomotive system with possibilities of their prevention and therapy in training process

Objectives:

The main goal of the thesis was analyze the most frequent issues of musculoskeletal system of professional sprint male and female kayakers in Czech Republic. Next goal was to find out possibilities and uses of preventive measures to minimalize these difficulties. The last part of the research was to explore what role is physiotherapy playing in training program of czech male and female kayakers.

Methods:

The method of literary research of czech and foreign researches was used for theoretical part of the thesis. A non-standardized questionnaire was created to gain data from professional czech male and female kayakers. The research was designed retrospectively. The final data was found by using analytical tools, from which we evaluated the conclusions.

Results:

61 professional male and female sprint kayakers of junior and senior categories took part in the research. The results showed that during the professional career amount of 62 % of athletes suffered from pain of musculoskeletal system. The most affected was shoulder girdle (35 %), than lumbar spine (23 %) and thoracic spine (12 %). 97 % of respondents stated that they have some of the preventive measures it their training program. The most used measures were mainly means of passive regeneration (87 %) and including of warm-up into the beginning of the training unit (85 %). The most used means of passive regeneration were different kinds of sauna (85 %) and massages (80 %) Only 38 % of athletes stated that they are including a physiotherapy in to the training process.

Keywords:

sprint canoeing, injury, preventive measures, physiotherapy