

© Kamla-Raj 1999

PRINT: ISSN 0972-0073 ONLINE: ISSN 2456-6802

Anthropologist, 1(3): 213-217 (1999)

DOI: 10.31901/24566802.1999/01.03.12

## **A Survey of Incidence of Injuries in Five Combat Sports in the IV<sup>th</sup> National Games – 1997**

**B.R. Yogini, Jaspal Singh Sandhu, Rajiv Ahuja<sup>1</sup> and S. Koley**

*Department of Sports Medicine and Physiotherapy, Guru Nanak Dev University,  
Amritsar 143 005, Punjab India*

*<sup>1</sup>Department of Sports Medicine, Sports Authority of India, Southern Centre,  
Bangalore 560 056, Karnataka, India*

**KEYWORDS** Sports Injuries. Combat Sports. The IV National Games. Bangalore. Mysore

**ABSTRACT** In the present study an attempt has been made to measure the frequency of injuries among 983 participants of five combat sports viz. Boxing, Fencing, Judo, Taekwondo and Wrestling during the IV<sup>th</sup> National Games held in Bangalore and Mysore (Karnataka state) from 31<sup>st</sup> May to 11<sup>th</sup> June, 1997. A pre-structured data performa was used for gathering the information regarding this. A total number of 207 injuries were reported. The maximum numbers of injuries were reported in Boxing (39.15%) on head and face, upper limbs, lower limbs and chest and abdomen accounting mainly on skin and soft tissue injuries (50.78%). Next came Taekwondo with injury frequency 31.96 percent mainly on lower limbs and skin and soft tissues. In Judo, the frequency of injuries was moderate (16.95%) and very few injuries were reported in Fencing and Wrestling.