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## Epidemiology of Musculoskeletal Injuries in Basketball Players Systematic Review

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### ABSTRACT

*Aim: To review the epidemiology of musculoskeletal injuries in basketball players.*

*Objective: This is a Systematic Review of epidemiology of musculoskeletal injuries in basketball players.*

*Introduction: Eleven percent of world population plays recreational basketball, that makes basketball one in all the foremost widespread sports worldwide. Basketball was originally formed as a non contact sports and rules of the sport were supported the thought that, "if the offense failed to have the chance to run with the ball, there would be no necessity for braving and would eliminate roughness." despite its origin as non-contact sports basketball is evolved in AN more and more physical game during which contact usually is accepted and expected.*

*Methods: This is an Systematic review based on the following sources of information: PubMed, Google Scholar, Cochrane journals in the last 10 years with studies addressing the general epidemiology of Musculoskeletal injuries in basketball players. For this review, the term MSDS is used to refer to a host of musculoskeletal disorders (e.g., Basketball injuries, sprains, strains, Musculoskeletal Disorders, Back pain, Upper Extremity, Lower Extremity, Prevalence of pain and Musculoskeletal Disorders in upper extremity and lower extremity). The use of an aggregate term is based on the hypothesis that the individual conditions share several common etiologic factors. For all research articles identified during the search, the titles, keywords and abstracts, where available, were considered for possible relevance to this Systematic review. Full text copies were obtained for analysis and data extraction for all articles that met the inclusion criteria.*

*Results: In total, 70 articles were selected in which 12 were eligible as per inclusion criteria for the Systematic review. A total of 691 injuries were observed, most of which occurred in the lower limbs 412(59.62%), with ankle injuries and knee injuries. Injuries in the upper limbs represented 151(21.66%) of the total injuries. In the upper limbs, hands, fingers and wrists were affected more frequently than the shoulders, arms and forearms. The study showed there were increased rate of injuries in players involving both upper limb and lower limb based on evidence Upper limb showed more percentage injury in Wrist and fist (10.9%) followed by head/neck (10.5%) and Trunk/Spine(10%) compared to shoulder and arm (6.8%). In lower limb injury to Knee (22.8%) followed by ankle and foot (20.4%) compared to hip and thigh (18%). An extensive literature search was undertaken in PubMed and google scholar databases during 2010. Keywords used for the search were; musculoskeletal disorders, musculoskeletal discomfort, pain, basketball players, basketball injuries, prevalence of pain. Conclusion: The lower limbs were the most affected, with high prevalence of ankle followed by knee injuries having the highest prevalence of injuries regardless of gender and category.*

*Furthermore randomised studies and epidemiological data collection are necessary to find out prevalence of sports injuries and to validate effectiveness of preventive intervention in basketball players. The best available evidence suggests that musculoskeletal disorders are an important health issues in basketball players. Highest prevalence of musculoskeletal injuries are shown at lower limb followed by knee and ankle based on evidence.*

**BIOGRAPHY:**

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