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## Ski injuries of dizin ski slope infirmary patients during skiing season of 2008-2009

Amir Hossein Khalilifar<sup>1</sup>, Mohammad Hassan Kazemi<sup>2</sup> and Arya Hamedanchi<sup>2</sup><sup>1</sup>Iran Triathlon Federation, Iran<sup>2</sup>University of Social Welfare and Rehabilitation Sciences, Iran

Skiing is a kind of wilderness sports that may cause injuries and damages to the organs of body. This cross-sectional descriptive analytical study was performed on 1233 injured skiers admitted by Dizin Slope Infirmary for five months skiing season of 2008-2009. The obtained data included of age, gender, injury type and medical interventions. All data were analyzed by SPSS 16.0 software using statistical tests including Kolmogorov-Smirnov, Man-Whitney, Kruskal-Wallis, Chi-Square and Fisher Exact tests. 75% of patients were male and 25% female. The mean age of patients was 27.86 (SD 9.95) years. Most patients had 20-29 years old (55.2%). The most common injury caused by skiing was knee trauma (14.4%). Other common injuries were soft tissue injury (12.1%), shoulder trauma (8.1%), head and face trauma (7%) and wrist trauma (5.5%) respectively. The most common medical intervention was pain relief and anti-inflammatory drugs prescription (33.1%). There was a significant relationship between age and gender by which women age was less than men's ( $P=0.000$ ). We found a relationship between age and injury type ( $P=0.000$ ). Minimum age (24.83) was reported in the patients with head and face injuries and maximum age (44.5) was in ones with malleolus fracture. There was a significant relationship between gender and knee trauma which showed higher injuries in women ( $P=0.001$ ). There was also a significant relationship between gender and shoulder injuries showing higher injuries prevalence in men ( $P=0.015$ ).

drkhalilifar@gmail.com

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