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## Identifying the most common crossfit injuries in a variety of athletes

CrossFit is a high-intensity conditioning program that has increased in popularity for its focus on repetitive anaerobic motions that build muscle strength and endurance. It is characterized by workouts that use a wide variety of exercises, ranging from running and rowing to Olympic lifting (snatch, clean, and jerk), power lifting (squat, deadlift, press/push press, bench press), and gymnastic movements. [Weisenthal] These high-intensity exercises are conducted in a quick repetitive fashion allowing for minimal muscle recovery time. A brief survey was conducted at multiple CrossFit gyms as an online and paper versions. The survey was conducted in New York tri-state area as well as several other states such as Miami, Boston, New Jersey, etc to various athletes in order to identify the most common injuries endured during CrossFit training in the different levels of athletes. The different levels included beginner, intermediate and advanced. Injuries from three different types of exercises were evaluated. The ages of the athletes will focus on adults and will be evaluated to whether their type of injury is consistent with their level of intensity of their training. There has been much criticism as to the potential injuries associated with CrossFit training including rhabdomyolysis and musculoskeletal injuries. However to date no evidence exists in the literature to the injuries and rates sustained. Injury rates with CrossFit training are similar to that reported in the literature for sports such as Olympic weight-lifting, power-lifting and gymnastics and lower than competitive contact sports such as rugby union and rugby league. Shoulder and spine injuries predominate. [Hak] Unlike other [training regimens] there are no prescribed or recommended weights or times. The beginning level is just to establish motor skills and competency and to build the structural strength and integrity that will allow your clients to handle more advanced movement patterns. [Campi] This study evaluated whether the injuries correlated to the level of training and proper form. It also addressed the particular exercises that demographically contribute to particular injuries in the athletes. The key to this study is preventative measures to minimize injuries in the CrossFit training. Ease in period of several days to weeks depending on the athlete level as well as form training can improve outcomes in terms of injury prevention.

## Biography

Dr. Kirill Alekseyev has completed his MBA at the age of 25 years from St. Joseph's College after completing his undergraduate studies at Stony Brook University in Long Island, NY as a Division I student athlete. Dr. Alekseyev then went on to pursue his MD at American University of Antigua at the age of 29. Dr. Alekseyev is currently a 2nd year resident physician at Kingsbrook Rehabilitation Institute in Brooklyn, NY. He is the vice president of the resident's committee at NY Society of PM&R (largest PM&R Society in US) with an option to be president next year. He is also a Special Olympics Coordinator for the past 3 years. He has published chapter, articles in various journals, books and databases. He has over 20 poster and oral presentations at various National Conferences. Dr. Alekseyev is a recipient of NY Society of PM&R recognition award in 2014 and this year's recipient of Professionalism award from his current Residency Program at Kingsbrook Rehabilitation Institute, Brooklyn, NY. Dr. Alekseyev was a runner up for Vice Chair position for residents at Association of Academic Physiatrists (AAP) second largest PM&R national organization.

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