

## Prevalence of sports injuries before and during COVID-19 quarantine among adults of Riyadh, Saudi Arabia

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Routine exercising and physical activity positively affect an individual's well-being. However, since 2020, Coronavirus disease-2019 (COVID-19) affected many people's routines worldwide. People has to practice home-based workouts instead of gym-based workouts due to quarantine. This study aims to compare the incident rate of sports injuries before and during the COVID-19 quarantine among active and non-active adults and identify and compare patterns, types, and sites of sports injuries. We conducted a descriptive, cross-sectional web-based survey of active and non-active adults of Riyadh, Saudi Arabia. A total of 537 participants fulfilled the criteria. Of those who did not exercise before quarantine, 42.9% (n = 91) started during quarantine, while 26.5% (n = 86) of respondents who exercised before quarantine stopped during the quarantine. Running and walking were the most common sports before and during quarantine. Muscle strain/tears were the most common injuries before quarantine (26.2%), compare to bruises during quarantine (28.6%). Soccer and Basketball were the most affected by quarantine, from 21.85% and 2.77% to 3.94% and 0.91%. The number of active individuals had increased during quarantine. Paradoxically, the prevalence of sports injuries decreased. Soccer and Basketball were the most significantly less practiced during the quarantine; both were a common cause of sports injuries. As medical providers, we should look forward to preventive measurements on those sports that cause most injuries.

### Biography

Reem is 23 years old female intrested in orthopedic surgery and sport medicin, currently a senior medical student at Al-Imam Mohammad Ibn Saud Islamic University – college of medicine. She is highly ambitious, honest, a team player, hard-working, proactive, professional, able to deal with people at all levels. Moreover, constantly motivated to develop my skills and grow. Used to be the president of the activity club in my college and had been an active member for five years. She is consistently trying to develop the research aspect in her career, already published her first research, and currently working on multiple research.