Spine injuries in elite synchronized skaters

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Background
Synchronized skating is a very attractive, interesting, but also very dangerous sports discipline due to the introduction of more difficult and demanding elements imposed by the rules of the International Skating Federation.

Aim of research
To determine the frequency, localization and type of spine injuries in Croatian elite synchronized skaters.

Materials and methods
An anonymous questionnaire was used. The questionnaire contained general data, a table in which was necessary to mark the time, type and mechanism of injury. The research was conducted on a sample of 20 Croatian national team members in synchronized skating between the ages of 16 and 28. Data was analyzed in Microsoft Excel.

Results
All the examined skaters during their skating career were at least injured once, and several of them more than once. The greatest number of injuries was in lower extremity injuries. Thirteen out of 20 skaters had knee problems, 7 of the 20 had some kind of lumbar spine problems. The most commonly: contusions and concussion of head and spine are described in Figure. Most injuries are caused by group skating elements and lifting elements, mostly at the end of the training session.

Conclusion
The number of spine injuries and head contusions in synchronized skating is troublesome, especially the number of injuries arising from mutual contact of teammates on the ice. The reason for this may be associated with raised quality and attractiveness of the sport which should attract the interest of experts from various fields of medical science.

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