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For Abstract Revisions

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* The abstracts in the Supplement were prepared by the authors. Their styles and formats were only edited by the Committee. The accuracy, form of citation, nomenclature, and the like, all remain the responsibility of the author.

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EDITORIAL

Dear Colleagues and Friends,

On behalf of Turkish Sports Medicine Association, we are proud to host 6th. EFSMA European Sports Medicine Congress in Antalya, Turkey; a country founded in Anatolia with a ten thousand year old cultural heritage, acting as a geographic and socio-cultural link between West and East.

The choice of Antalya as the venue of our Congress is to provide a unique ambiance with the incomparable historic presence, natural beauty and cultural charm of this part of Anatolia. We hope that this Congress in the land of pioneers of medicine such as Avicenna and Hipocrates inspires and stimulates you. Surrounded by amazing scenery of sharp contrasts, Antalya, Turkey's principal resort, is an attractive city with shady palm-lined boulevards and a prize-winning marina. Antalya has been continuously inhabited since its founding in 159 BC by Attalos II, a King of Pergamum, who named the city Attaleia after himself.

The Romans, Byzantines and Seljuks successively inhabited in Antalya before Ottomans ruled the territory.

Today, Antalya is a famous tourism center in Mustafa Kemal Ataturk's modern Turkish Republic, providing a premium touristic service mainly to Europe.

We would like to welcome you to share the recent scientific developments in the area of sports medicine. We believe this Congress provides a high quality scientific environment for the presentation of new research and exchange of information by all disciplines related to sports and medicine.

In recent years, the EFSMA has grown and developed into what is now a leading and dynamic force in Sports Medicine in Europe. It is with the same dynamism and expertise that are the hallmarks of a high calibre and carefully arranged scientific programme. A thorough discussion and critical evaluation of the latest advancements in sports medicine are key features of the scientific programme. The sessions, which will include educational courses, state-of-the-art lectures, panel and round table discussions and symposia, also provides an opportunity for all sports medicine health care providers to exchange views on current issues.

Besides the congress we assume that you would enjoy the land of sun, sea, history, culture, sports and humanity.

Abstract evaluation was a difficult task for referees. It showed that there was a great interest among sports medicine and sport science Family to the Congress. From over 400 abstract submissions, scientific commission has rejected 41 papers and sent 30 abstracts back for re-writing. 362 abstracts will be presented either orally or as posters during the Congress. This is the highest number of abstracts so far submitted for EFSMA Congresses.

We hope that the scientific level of the Congress, together with keynote speeches, panel discussions, workshops, courses and regular sessions, will be of satisfactory for all participants.

You will also find the texts of some invited speakers. We are grateful for the support of Scientific and Technological Research Council of Turkey for the publication of this supplement (abstract book) and Journal of Sports Science and Medicine for allowing it to be an indexed material. Our sincere thanks go to Pelin Adaylar for her meticulous desktop work.

Thanking for your interest and attendance.

On behalf of the Organizing Committee

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An investigation of injury patterns in female futsal players

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OBJECTIVE In futsal, like the other sports, athletes are exposed to various sports injuries. The main purpose of this study was to investigate injury patterns, prevalence and causes in female futsal players.
METHOD This study was performed on 66 volunteer female athletes playing at different teams during 2008-2009 seasons. Clinical interview method was used in this study and sports injuries were detected by means of data forms. The data form was developed by investigator. Ten parameters were examined related sports injuries in futsal. Describe statistic was applied and chi-square test was used to determine whether there was a significant difference between the categorical parameters. Statistical significance level was set at $p<.05$. The SPSS statistical software package program was used to perform the analyses.
RESULTS In this study, the average age of the players was 20.72±2.08 and the average training age was 6.33±2.88. Totally 93 sports injuries were investigated related futsal. Twenty nine (31.2%) of the all injuries occurred in preseason and 64(68.8%) occurred in the competition season. Fifty three (57.0%) of 93 injuries occurred in lower extremities and 22(23.7%) occurred in upper extremity. The overall injury rate of ankle injuries was 25 (26.9%), knee: 20 (%21.5), low back: 15 (16.1%), hip/thigh/leg: 11 (11.8%), shoulder: 8 (8.6%), elbow: 4 (4.3%), hand/finger: 5 (5.4%), and head/face: 5 (5.4%). The proportion of acute traumatic injuries was 73 (78.5%) and overuse was 20 (21.5%) and 24.7% of all injuries were caused by contacting to rival player. In all injuries, the overall duration of return to sports rates were with in 1-3 days: 10 (10.8%), 4-7 days: 32 (34.4%), 2-3 weeks: 24 (25.8%), 1-2 months: 17 (18.3%) and 3+ months: 10 (10.8%). Hospitalization rate due to sports injury was 63 (67.7%) and no applied to hospital for 30 (32.3%) injuries. No significant differences were found in the any frequency of injury between acute and overuse group.
DISCUSSION & CONCLUSION This study showed that competition season injuries were exceedingly higher than preseason injuries. Similarly, acute traumatic injuries had consistently higher proportion than overuse injuries. It results from contact to rival players powerfully under match stress. The lower extremity area showed a higher percentage of injuries than the upper extremity. The most common injury area was ankle with >%25 rate. Because futsal is a foot sport, high rate of lower extremity injuries (ankle, knee, leg, hip and thigh) may be accepted unexceptional. Wearing protective equipment for body area at risk and efficient warm up/calm down exercises should reduce the risk of sports injuries related futsal. The limitation of our study was to be a retrospective research. Additional prospective research is needed to clearly determine injury patterns in futsal.
KEYWORDS Futsal, Sports Injury.

DERGİNİN İNDEKS BİLGİSİ (MAKALENİN YAYINLANDIĞI TARİHTE)



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