

Characteristics of injury to weightlifting athletes in Indonesia

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| Abstract | Weightlifting is requires maximum strength, speed, and explosive power in order to lift maximum weight. Weightlifting carries a risk of injury which can result in pain, damage and limitation of bodily functions. The aim of this study is to describe and characterize of injuries that occur in weightlifting sports. This retrospective cohort study using a questionnaire that valuated 111 male lifters who were currently had experienced injuries. The result that, characteristics of athletes are an average age of 16.4 +/- 3.7, height chronic injuries (67%) occurred during exercise (87%) and most injuries occurred in the upper limb (62%). Locations of injuries are shoulders (57%), wrists (10%), back (33%), hip/groin (10%), hamstring (16%), and knees (35%) with the types of injury experienced athletes are muscle strains (33%), ligament sprains (32%), and impingement (35%). 87% of athletes are injured during practice while 13% are injured during competition. To sum up, this study shows that the characteristics of major injuries occur in the upper extremities, namely the shoulder and the incident injuries occur during exercise. |
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