



“Rehab can wait”

Swedish handball players continue playing
despite injury and pain

Classon Jennie^{1,2}, Johansson Kajsa¹

¹Division of Physiotherapy, Faculty of Medicine and Health Sciences, Linköping University, Sweden

²Swedish Handball Federation, Chair of the medical committee





Injuries in handball



Introduction

Swedish handball lacks epidemiological data of injury frequencies

Studies of preventive strategies are impossible...

Since there exists no baseline-data in Sweden

Aim

This pilot study aimed to evaluate injury frequencies and self-assessed impact of the injury among Swedish handball players with special emphasis on those reporting shoulder and knee injuries

Material and method

A questionnaire was used to register self-reported-injuries

Sports specifically developed for handball

Influenced by the Oslo Sports Trauma Research Centre Overuse Injury Questionnaire (Clarsen et al. BJSM 2013;47:495-502)



All players from age 15, in two independent handball clubs, were asked to participate during a training-camp

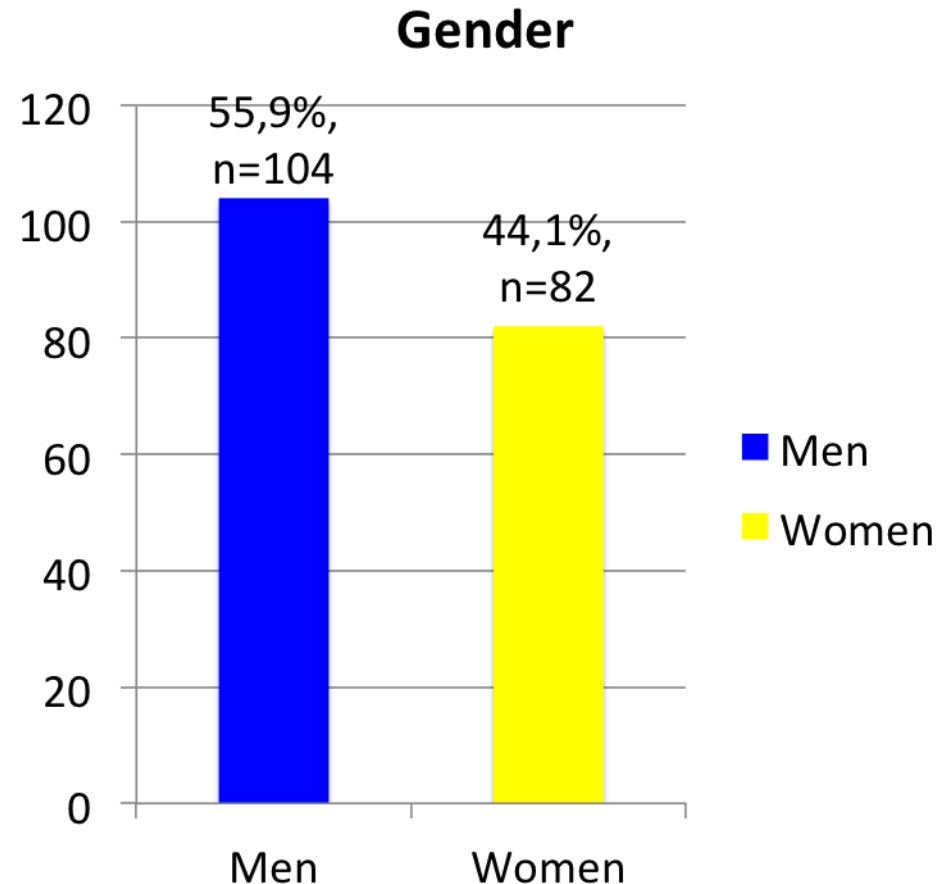
Results

- All attendants (n=186) choose to fulfill the questionnaire.
- In addition 19 players did not attend the camp whereof 5 due to injury



Results

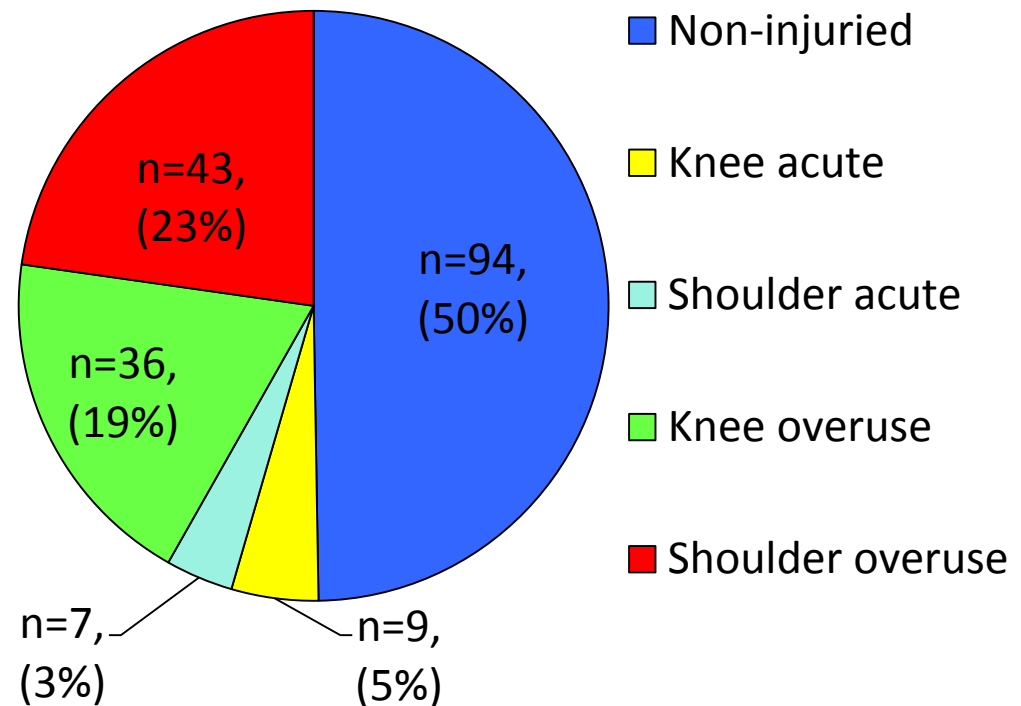
- All attendants (n=186)
55,9% (n=104) Men
44,1% (n=82) Women
- Mean age: 17,7 years
(min 15, max 36, n=184)



Results

- 31 players (17%) reported an acute injury during the last 7 days, all without insurance claims.
- 86 (46%) reported an overuse injury the last 7 days.

Self-reported injuries in the knee and shoulder

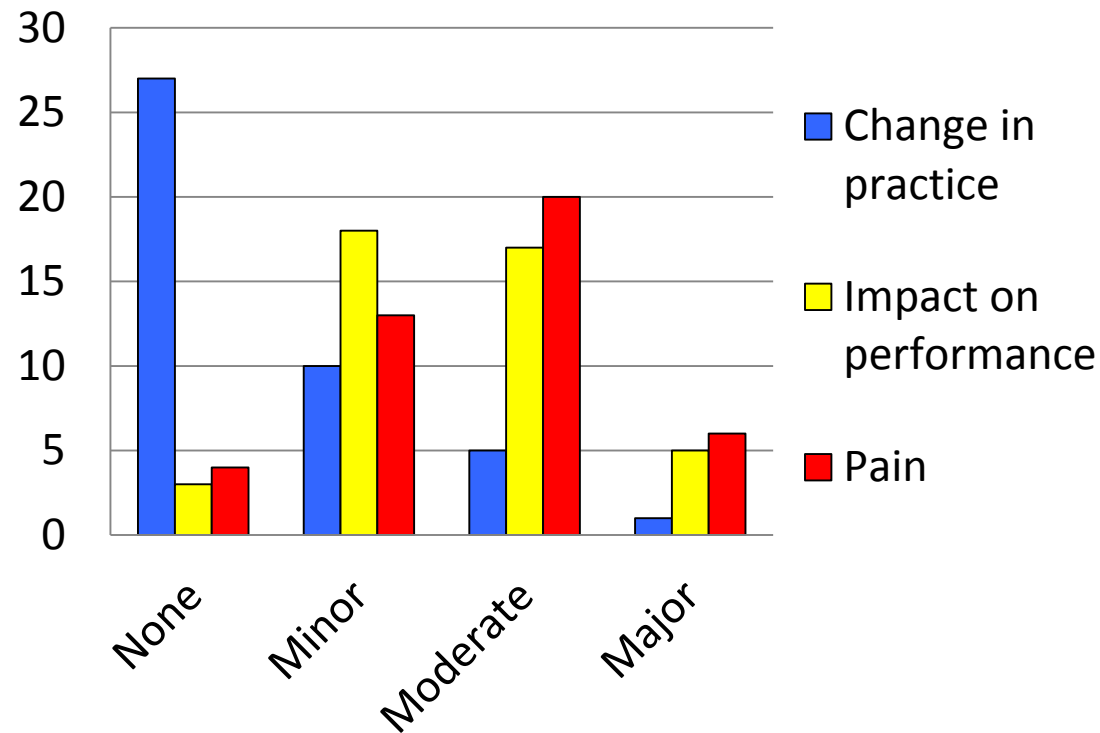


Numbers and percentages of injuries in the knee and shoulder, total n=186. (Sums up to more than 186 since some reported both acute – and overuse injuries)

Results

- 43 players (23%) reported an overuse problem in the shoulder.
- 37 continued practice handball as usual or with small dosage changes.
- Their reported pain-levels differentiated, but 26 reported moderate to severe shoulder pain

Self-reported impact of shoulder overuse injury

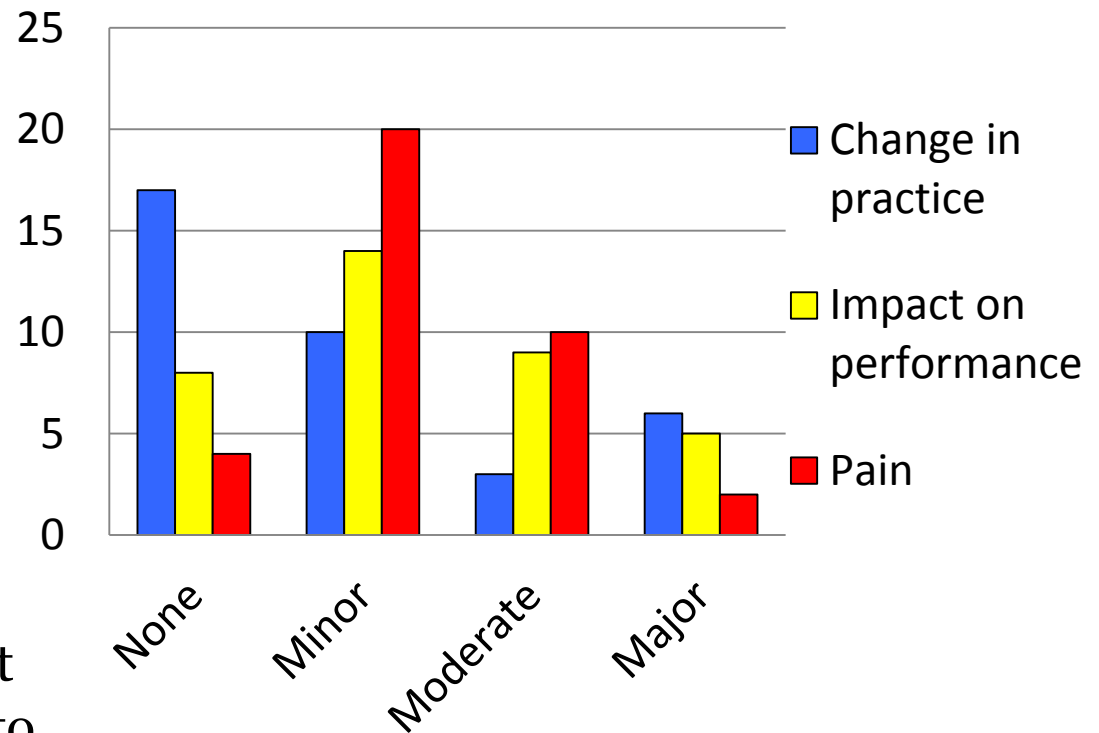


Shoulder injury due to overuse:
self-reported **impact** on performance...

Results

- 36 players (19%) reported an overuse problem in the knee.
- 27 reported that they continued practice handball as usual or with small dosage changes.
- Their reported level of pain differentiated, but 12 reported moderate to severe knee pain.

Self-reported impact of knee overuse injury



Knee injury due to overuse:
self-reported **impact** on performance...

Conclusion

Handball-players keep on playing despite injury and pain. Injuries that were reported to impact performance

In order to enhance recovery, the player probably needs to stop playing or change the level of activity required for rehabilitation and thereafter return to full participation

This problem needs to be addressed by players, coaches and medical teams



Thanks!

www.liu.se

<http://www.imh.liu.se/fysioterapi>

