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# STUDY OF COMMON INJURIES ON CANOE-KAYAKING WATER SPORTS PLAYERS FROM NASHIK DISTRICT

**Dr. Shashikant H. Pardeshi** [1] **Dr. Namrata P. Sahuji** [2]
(Assistant Professor) PES Physical Education College, Nagsenvana, Aurangabad (MH)
(Assistant Professor) PES Physical Education College, Nagsenvana, Aurangabad (MH)
***Corresponding Author-*** **Dr. Shashikant H. Pardeshi**
Email id: pardeshishashikant@gmail.com
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**Abstract:**

*Background: Canoe-Kayaking is most popular water sport played in the competitive levels and recreational levels on the Godavari river water in Nashik district. With that exerted training scheduled & practices of players face results in injury. Objective: The objective of this study was to investigate the types of most common injury face professional Canoe-Kayaking players in Nashik district. Methods: A descriptive method of study was conducted with 46 professional Canoe-Kayaking players in the practice under the Godavari River of Nashik district in the age range of 17-21 years old. A researcher administered questionnaire was used to obtain information of common injury patterns of Canoe-Kayaking. Results: The type of injury observed for male Canoe-Kayaking players were lower back pain (37.5%), knee pain (12.5%), pain in hand and wrist (3.1%), shoulder pain (12.5%), ankle pain (3.1%) and chest pain (12.5%) respectively. Conclusion: The common types of injuries face the Canoe-Kayaking players on anatomical sites most commonly affected were the lumbar spine and the knees. Injury is also directly-indirectly related to bad techniques of Canoe-Kayaking water sports as well as improper body and muscles recovery.*

**Keywords:** *Canoe-Kayaking Players, Types of Pattern Injuries, Godavari River & Nashik district.*

## Introduction:

In recent discussed about the great effort & contribution in water sports like Canoe-Kayaking of Nashik district. Rapidly growth in professional water sports players they played various levels international, national, state, inter university tournament and inter collegiate level water sports. Nashik district already available natural source of water of Godavari River also it had various water source like lakes water sports players provide platform to performance his skills to big levels also Savitribai Phule Pune University already appointed Nashik zone of university for inter collegiate level water sports tournament and Nashik water sports representative provide many stars of water sports every year in different levels. This article reviews the most common Canoe-Kayaking injuries, the past factors such as different techniques and training volume along with a description of the mechanics of the Canoe-Kayaking stroke. This information is necessary in order to make an accurate know the types of pattern injury (Rumball J, Lebrun CM, DiCiacca SR, and Orlando K).

It has been reported that Canoe-kayakers are at a risk of developing several types of injuries including lower back, ribs, and shoulder, wrist and knee problems during training and competition. The commonest injury reported in rowers is low back pain followed by knee injuries (Boland Al, Hosea TM). It has been noted that Canoe-kayakers have a relatively high frequency of rib stress fractures compared to the general population (Hickey GJ, Fricker PA, and McDonald WA). Wrists and hand injuries are common in outdoor Canoe-kayakers. Shoulder pain is also quite common in Canoe-kayakers due to repetitive overload, over-reaching at catch and due to mechanical injury but the literature on this is limited (Smoljanovic, T). The patterns of injury are unique in the sport of Canoe-kayakers because of the biomechanics applied in the Canoe-kayakers stroke. It involves a continuous repetitive motion which lays

stress on various anatomical areas depending on the Canoe-kayakers stroke phases. Injuries are primarily overuse due to change in training volume, alteration of Canoe-kayakers techniques and the boat (Hosea TM, and Hannafin, JA). Although, many studies have been carried out on water sports injuries in internationally, therefore, the objective of the present study was to know about the injuries in Canoe-kayakers.

**Material and Method:**

**Method of the study**

The present study was descriptive research method which was conducted with objective of this study was to investigate the types of most common injury face professional Canoe-Kayaking players in Nashik district.

**Method of Sampling**

The purpose of the study 46 professional Canoe-Kayaking players in the practice under the Godavari River of Nashik district in the age range of 17-21 years was randomly selected subjects.

**Administration of Questionnaire**

A researcher administered questionnaire was used to obtain information of common injury patterns of Canoe-Kayaking.

**Procedure of the study**

The researcher personal visit the every subjects and given to them instruction about the need, about the research study also provide explanation of questionnaire after the professional water sports Canoe-kayakers for research selected total number of 46 male Canoe-kayakers were implemented questionnaire for data collection.

**Statistical Tools**

Canoe-kayakers were administered questionnaire and collected data by analyzed through the SPSS 21.0 version for windows statistical software package was used to compute & report the data. Descriptive statistics were used to describe and summarize the data.

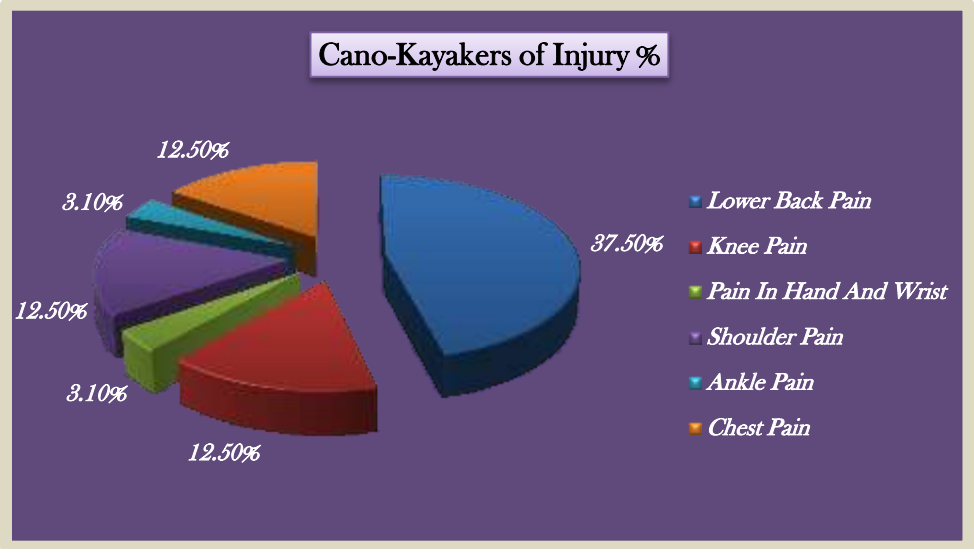
**Results:**

The obtained results are present in following table into the form of descriptive statistics. According to analysis of common types of injury found among the professional male Canoe-kayakers in Nashik district those played under the local bodies associations, clubs and colleges group.

***Table no. 1, Descriptive Statistics Analysis***

| Canoe-Kayakers Types of Injury | Canoe-Kayakers of Injury % |
|---|---|
| ***Lower Back Pain*** | *37.5%* |
| ***Knee Pain*** | *12.5%* |
| ***Pain in Hand and Wrist*** | *3.1%* |
| ***Shoulder Pain*** | *12.5%* |
| ***Ankle Pain*** | *3.1%* |
| ***Chest Pain*** | *12.5%* |

***Graphical Presentation***



Above the Graph shows that common types of injury found among the professional male Canoe-kayakers in Nashik district.

**Discussion:**

The injury incidence is directly-indirectly related to the volume of training and different Canoe-kayaking techniques. The Canoe-kayaking injuries are primarily due to misguiding, lack of knowledge and overuse (Swarup Mukherjee). A high percentage of Canoe-kayakers in this study suffered from low back pain followed by knee pain. Several past studies show that low back pain is a common complaint in the Canoe-kayaking population (Teitz C.) and it is prevalent in almost all water sports undergoing serious Canoe-kayaking training.

**Conclusion:**

On the basis of result obtained in study the researcher made the conclusion that common types of injuries face the Canoe-Kayaking players on anatomical sites most commonly affected were the lumbar spine and the knees. Injury is also directly-indirectly related to bad techniques of Canoe-Kayaking water sports as well as improper body and muscles recovery.

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