

## Physiotherapy for Back Injuries Prophylaxis of Tennis Players

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**Abstract:** Tennis – one of the most popular sports in last decades – is practiced regularly by hundreds thousands of people in the whole world. Its huge popularization makes the sports traumatism investigation at tennis players very live question. The traumatism prophylaxis is important from sport-technical point of view as well as from medical-social point of view. In order to improve the prophylaxis means effectiveness, from one hand the traumatism reasons should be investigated thoroughly and from other – to elaborate appropriate, based on evidentiary materials methods for their prevention. Originating in the spine pain is a complex diagnostics and therapeutics challenge for different experts – medical doctors, physiotherapists, sport educationists, etc. It is not age, profession or sports activity specific. The reasons that can cause it are different – single or repeatedly external traumas, osteoporosis, static overload, muscle overstrain, and also stress.

**Keywords:** physiotherapy, back injuries prophylaxis, tennis players

### 1. INTRODUCTION

Although low back pains (LBP) are most widely spread and affect 60-90% of adult population, the pain symptomatic and spinal area traumatism data between tennis players is scarce or missing. The specifics of sports traumatism, according to Karpman V., (1980), Brooks M., et al. (1992) are:

1. Mainly affected are children, teenagers and young peoples.
2. There is specific traumas frequency and localisation. The most affected are lower limbs (Moezi A., 2002). The upper limbs traumas frequency is significantly lesser. The rarest are the body affecting traumas. The most affected are joints, where the knee joint traumas are 50% of all sport injuries.
3. The sports traumatism is relatively light. The light traumas (90%) are dominant, the ones that consequence in 3-5 days of sports activity loss to the athletes. The medium traumas are 9% – those with sports activity loss of up to 1 month and heavy traumas are 1% – the loss of sports activity is more than 30 days.
4. The traumatism frequency, localisation and type depend highly on the sport type. Their classification is as follows:
  - *Very Traumatic* – high speed sports (skiing, motor sports), sports with acute and strong interaction (combat sports, football, hockey, box, etc.), and the ones with complex movements coordination (gymnastics, acrobatics, etc.);
  - *Moderate Traumatic* – some of sports games (volleyball, tennis, gymnastics, races in track athletics, etc.);
  - *Lightly Traumatic* – swimming, table tennis, golf, etc.
5. Traumas are mostly as a result of a hit (fall or collision with adversary, object, device, etc.), followed by abnormal amplitude of joint movement (overstretching and tissue rupture). The rarest mechanism is compression (when landing, pulling, etc.).
6. The micro-traumatism, with sharp or chronically origin is with big frequency.

As many other sports, the amateurs tennis or on professional level place the participants in risk of injury, which sometime means temporary disability. The absence from work could have considerable social-economic consequences for the person and for the society. That is why is important to study the