INJURIES AMONG BRAZILIAN PROFESSIONAL SURFERS
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Introduction: Surfers are prone to acute injuries as well as conditions resulting from chronic environmental exposure. Sprains, lacerations, strains, and fractures are the most common types of trauma (Zoltan et al., 2005). Purpose: The aim of this study was to verify the occurrence of injuries in Brazilian professional surfers who took part in one of the stages of the Professional Brazilian Surf Championship for men. Methods: There were 32 professional surfers participating in the study (26.5 ± 5.11 years old; 16.0 ± 5.01 years of surfing) and each one of them filled in a questionnaire about the injuries they had suffered during the surf practice. Results: There were found 112 injuries among all the participants of the study. Lacerations/cuts was the most frequent injury, 38 (33.9%; 95% CI 25.1-42.7); followed by sprains, 29 (25.9%; 95% CI 17.8-34.0); contusion, 16 (14.2%; 95% CI 7.7-20.7); strain, 14 (12.5%; 95% CI 6.4-18.6); burns, 9 (8.0%; 95% CI 3.0-13.0); fractures, 6 (5.3%; 95% CI 1.2-9.4). Most were caused by striking a surfboard, 53 (51.4%; 95% CI 42.1-60.7); wiping out, 42 (40.7%; 95% CI 31.6-49.8); or striking the seabed, 8 (7.7%; 95% CI 2.8-12.6). Body parts most frequently injured were the lower limb, 64 (57.6%; 95% CI 48.4-66.8); and the head, 23 (20.7%; 95% CI 13.2-28.2). The rate of injuries among the sample was calculated to be 0.76 injuries per 1,000 surfing days. Conclusion: We conclude that most of the injuries were originated by trauma, suggesting that the extrinsic factors inherent in this sport are potentially harmful to the athletes. However, compared with other sports, surfing is relatively safe.

Keywords: Epidemiology, Sport