

THE IMPORTANCE OF SPORTS MEDICINE IN THE TREATMENT OF SPORTS INJURIES FOR FOOTBALL PLAYER'S FIR CLASSIN ANBAR PROVINCE

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***Abstract--**The aim of this research is to demonstrate the importance of sports medicine in the treatment of sports injuries for first class football players in the Iraqi Anbar province. The descriptive method is used to suit the nature of the research problem. The research community of all first-class football players in Anbar province was identified. The research sample was deliberately tested with an estimated 60 players.*

***Keywords—**Sports, Medicine, treatment, Football*

I INTRODUCTION

In this research the method of samples was adopted, there was a questionnaire was designed in which a set of questions addressed to the players of the first class football in Anbar province. The questions are related to the players and coach and they are about the importance of sports medicine in treating sports injuries for football players of the first class Anbar province.

The questionnaire was designed according to the theoretical background of scientific books, notes and opinions of some professors and experts in this field. The questionnaire also contains three main themes consisting of 14 questions, which focus on the whole subject of the study. As follows:

- **The first axis:** "Sports medicine has a role in increasing the performance of football players"
"The lack of sports medicine centers in Anbar province has led to the lack of sponsorship of all athletes".
Questions (1) to (5).
- **The second axis:** "the lack of awareness of the coaches led to the multiplication of sports injuries among football players". Questions (6) to (10).
- **The third axis:** "The attention of the coaches to the results resulted in the lack of medical follow-up". Questions (11) to (14).

After data collection and discharge were processed using the percentage test, and through the analysis, interpretation and discussion of the results of the research, we reached a set of conclusions and recommendations summarized as follows:

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Conclusions: Through the theoretical research and field study we conducted using the questionnaire, we found - unfortunately - that sports medicine did not gain importance and status in the sport of football in clubs in Anbar province.

Recommendations: The researchers recommend attention and adequate attention from the competent authorities and alleviate the problems in which they flounder. We also hope that our proposals will find the ears of goodwill and goodwill to reflect on the ground to serve the sport and athletes.

II DEFINITION OF RESEARCH

1-1 Introduction to research

"Football has gained increasing global attention, being one of the most popular games in the world, and has witnessed a growing development in recent years and on an international scale in terms of physical, skill, planning, and psychological aspects. These aspects are interrelated" (Maher, 1990). Technical aspects are one of the main pillars of football.

With the increasing emergence of unusual and unprecedented media progress in recent years, represented by the interest in sports by specialized channels for the sport of league and games, the spread of the idea of professionalism in all countries, and astronomical figures, and encouraging the State increasing day by day to practice sports activities with the incentives provided for athletes and champions.

All of this led to a large turnout to exercise sports with full force and enthusiasm, which led to violence in practice in order to win these advantages, and therefore the emergence of sports injuries in various forms, both to the opponent or the player himself, relying on that the end justifies the means.

This announces the alarm of the dark side of the sport, namely sports injury and associated loss of player's ability, psychological impact, delay in the level, loss of team effort ... etc.

Physicians and physiotherapists are important elements of the medical team of each athlete who work to prevent medical rehabilitation, as well as maintain physical fitness, because injury is an obstacle preventing the athlete from reaching higher levels (Zeinab, 1993).

Injuries occur in different sports depending on the type of sport and the strength of competition, and depending on the level of sports, the injuries that occur are also different according to the type of competitions, collision, fall or severe beatings, which leads to injury that prevents them from returning to the stadiums again To perform their activity normally (JAV, 2002). Reducing the strength of these injuries makes the training process uninterrupted, and works to reach the athlete to high levels of sports and achieve the best results.

1.2 Search problem

Anbar province is one of the Iraqi provinces that suffer from a lack of sports medicine and injury treatment in this area, or the presence of specialized centers in this, and the means of physiotherapy and medical rehabilitation, especially at sports clubs. Many young talented players have emerged heavily in the field of football, and were on their way to professionalism or playing at local, Arab and international levels, but after their injury did not find adequate care and adequate treatment and return to maintain their fitness and physical

levels they were, as well as the necessary awareness and education by professors and teachers. From here come two questions:

First: What is the importance of sports medicine in the treatment of sports injuries?

Second: What are the reasons leading to frequent injuries among football players in Anbar province?

1.3 Research objectives

- Identify some injuries suffered by football players, and the contribution of sports medicine in the prevention and treatment necessary.
- Improve players' performance and return to recovery and normal state through rehabilitation treatment, and awareness and prompt them to follow-up medical periodically after injury.
- Contribute to the health and safety of players and improve their performance to their level of performance.
- The importance and necessity of the existence and circulation of sports medicine centers.

1.4 Research hypothesis

- Lack of awareness as well as the attention of coaches to the results, and the lack of sports medicine centers led to the frequent injuries of football players in Anbar province.
- Sports medicine has a role in increasing the performance of football players.
- Attention of trainers to the results resulted in lack of medical follow-up.
- Lack of sports medicine centers in Anbar province led to the failure to take care of all injured athletes.

1.5 The importance of research

This study allows to highlight the contribution of sports medicine in the treatment of sports injuries, improve the football players in Anbar province, full recovery and return to normal, and contribute to the health and safety of players in the game.

Reasons for choosing the topic and the importance of research and study:

- The importance of sports medicine and its role in the treatment and prevention of sports injuries.
- The desire to highlight the causes of the multiplication of injuries, and provide references and books that serve the subject of our research.
- Lack of awareness, guidance and awareness for both coaches and players.
- Subjectability of study and discussion in all its aspects.

1.6 Research Areas

1.6.1 Human field

- Players of Anbar football clubs "first division".

1.6.2 Time field

- From 1/8/2018 to 1/2/2019

1.6.3 Spatial field

- Anbar province football clubs

Part II: Similar Studies

(Hughes, 1985) conducted a study to identify the most common injuries among running athletes, the sample of the study included 5000 racers, who participated in a race 20 kilometers, and were between the ages of 20-50 years. The results of the study found that the knee most common injuries followed by contraction of the leg muscle.

III RESEARCH METHODOLOGY AND FIELD PROCEDURE

3.1 Research Methodology

Methodology is the method leading to the disclosure of truth in different sciences, through a set of rules that control the functioning of the mind and determine its operations, until it reaches an acceptable and reasonable result, the researcher has used the descriptive method of survey method to suit the nature of the research (Mahgoub, 1993).

3.2 Research Sample

The researcher selected a sample of football players participating clubs in the Iraqi first division in Anbar province, the number of respondents was 60 players, randomly selected (Annex 1).

3.3 Exploratory Study

The exploratory study, which is also the process carried out by the researcher in order to experiment research to find out its validity, as well as its sincerity to ensure the accuracy and objectivity of the results obtained in the end.

This survey precedes the field work, and is to conduct field visits to a number of football teams in the first division of Anbar province, where they were interviewed directly to the players of these teams, and to know the most frequent injuries, and how to prevent the complications of these injuries.

The results of the survey suggested that there are serious, moderate and light sports injuries that limit the players' performance. Due to the importance of the subject we have received interaction and response from the players in the Iraqi Premier League, and accept them to help us in order to discuss the subject.

On this basis, we presented the questionnaire to a group of refereed professors in order to give their opinion on the nature of the questions, the method of asking them, and how they relate to the subject of the study.

After expressing the opinion of the arbitrators and the specialized experts in the questionnaire, we made the required amendments regarding correcting the wording of some questions, eliminating inappropriate ones, and adding the questions suggested by the professors, as they relate to the subject of the research study.

Objectives of the exploratory study researched:

They can be limited to the following points:

- 1- Adjust the research sample and characteristics and methods of treatment.
- 2- The suitability of data collection tools for the research sample.
- 3- Adjust research hypotheses and make sure.

3.3 Adjusting Variables

3.2.1 Independent Variable:

A variable that the researcher assumes is the cause, or one of the reasons for a particular result, and his study may lead to know its effect on another variable (Abu El-Ela, 2003).

- Determine the independent variable: "Sports Medicine".

3.2.2: The dependent variable:

The independent variable, whose value depends on its effect, affects the values of the other variables. Whenever changes are made to the values of the independent variable, it will appear on the dependent variable (constant, 1984).

- Identify the dependent variable: "treat sports injuries and improve the performance of football players."

3.3 Study Tools: In our field study we have used football teams:

• ***Questionnaire:***

This method is useful for collecting new information derived directly from the source, and information obtained by the researcher that can not be found in the books, but this method of information collection requires careful procedures from the beginning (Annex 2):

- Determine the purpose of the questionnaire.
- Limiting and organizing the time allotted to the questionnaire.
- Select the sample that was questioned.
- Set enough number of options for each question.
- A brief summary of the objectives of the questionnaire.
- The ideal method is reflected in the presence of the researcher himself to record the answers and observations that enrich the research, and the questionnaire includes two types as a means of collecting information abundantly and more accurately.
- The questionnaire is a commonly used technique, and a scientific means of collecting data and direct information from the original source, as well as is appropriate for the player, and questions are in response to the axes and therefore in response to hypotheses.
- ***Type of questions:*** rely on the following questions:
 - "Yes, No" questions: are questions in which the researcher determines the answer in advance, often "yes" or "no".

- Half-open questions: This type contains two halves, the first is closed any answer is restricted by "yes" or "no" and the second half is the freedom of the interrogator to give his own opinion.
- Multiple-Answer Questions: These questions are controlled by multiple answers, and the respondent chooses what he deems appropriate (Bassiouni, 1992).

The questionnaire included (14) questions. The questionnaire is one of the most successful ways to investigate a particular problem to identify the aspects of its "pros and cons". It facilitates the process of collecting information and converting it into statistics and estimates. The questions of the questionnaire included three axes divided as follows

- **The first axis:** "Sports medicine has a role in increasing the performance of football players"

"The lack of sports medicine centers in Anbar governorate has led to the failure of all athletes to take care of" (question no. 1 to question no.5).

- **The second axis:** "The lack of awareness on the part of the coaches led to the multiplication of sports injuries among football players" from question no. (6) to question (10).
- **The third axis:** "The attention of trainers to the results resulted in the lack of medical follow-up" from question (11) to question (14).

3.4 Research tools

In order to obtain accurate data, the researcher used different research tools to implement his research requirements. The researcher has used:

- 1- Arab and Iraqi sources and references.
- 2- Questionnaire form.
- 3- Statistical means, percentage.

R is percentage

X is number of duplicates

Y is sample number

The percentage comes from: $R = \frac{X \times 100}{Y}$

IV THE QUESTIONNAIRE FOR PLAYERS

Q1: Does your team have a doctor?

Its purpose: to identify the presence of a doctor in the team.

Table 1: Shows the results related to the answers of the players on the provision of their team to a doctor

Answer	Duplicates	Percent %
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Yes	19	31.66
No	41	68.33
Total	60	100

Q2: When I was injured, were you directed to?

Purpose: To know the interest of the coach in the health of the player.

Table 2: Shows the results of the players' answers to the doctor who was referred to him in case of injury

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Team Doctor	3	3.33
General Doctor	41	68.33
expert	16	26.33
Total	60	100

Q3: After treating your injury, how was your performance during the game?

Its purpose: to know the answer to sports medicine.

Table 3: Shows the results of the players' answers about the improvement of their game yield or decline

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Improvement	5	13.33
Remained the same	22	36.66
Retreat	31	51.66
Total	60	100

Q4: Do you return the injury immediately after the recovery period (recovery)?

Its purpose: To know the effectiveness of sports medicine

Table 4: Shows the players' answers about their recurrence after injury

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	25	41.66
No	35	58.33
Total	60	100

Q5: Is the medical surveillance imposed on you sufficient?

Purpose: To know the role of the trainer in awareness.

Table 5: Shows the players' answers about the coaches giving them instructions during training or competitions

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	16	26.66
No	44	73.33
Total	60	100

Q6: During your training or competitions, does the coach give you guidance?

Purpose: To know the role of the trainer in awareness.

Table 6: Shows the players' answers about the coaches giving them instructions during training or competitions

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	50	83.33
No	10	16.66
Total	60	100

Q7: After injury, does the instructor require you to conduct regular medical monitoring?

Its purpose: to recognize the degree of awareness and keenness of the coach on the players

Table 7: Shows the answers of the players about the requirement of the coach to conduct periodic medical monitoring after injury

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	37	61.66
No	23	38.33

Total	60	100
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Q8: Have you resumed playing before the convalescence period?

Its purpose: to identify the degree of consciousness of the player

Table 8: Shows the players' answers to their resumption after the recovery period

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	36	60
No	24	40
Total	60	100

Q9: If you do not have an alternative and you are injured, does the coach ask you to play?

Its purpose: to know the preference of the trainer.

Table 9: Represents the players' answers about the coach's request for them to play in the absence of a replacement in case of injury.

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	38	63.33
No	22	36.66
Total	60	100

Q10: Does the intensity of excess training in the training sessions increase the risk of injury?

Its purpose: to know the risk of some exercises on the health of players

Table 10: Shows the answers of the players about what the intensity and load of training during the training sessions increase the risk of injury.

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	44	73.33
No	16	26.66
Total	60	100

Q11: What is the focus of the coach during the interview, rank them according to preference?

Purpose: To know the goal of the trainer in the interview.

Table 11: Shows the players' answers about the requirement of the trainer to conduct periodic medical monitoring after injury.

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
The result	42	70
Good performance	14	23.33
Beware of injury	4	6.66
Total	60	100

Q12: *Does the instructor prefer not to be included in the interview because there is doubt about your injury?*

Purpose: To know whether the coach prefers to involve the player while he is injured.

Table 12: Shows the results of the players' answers about the coach's inclusion in the interview while they are injured

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	37	61.66
No	23	38.33
Total	60	100

Q13: *At the beginning of each season do you have medical surveillance?*

Purpose: To know if players are being monitored at the beginning of each season

Table 13: Shows the results of the questioning of the players on the conduct of medical monitoring them at the beginning of each season.

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Always	41	68.33
Sometimes	16	26.66
Scarcely	1	1.66
Never	2	3.33
Total	60	100

Q14: *If you are injured during the game, will you be replaced after consulting your doctor?*

Its purpose: to identify whether the coach is changing the injured player.

Table 14: Shows the results of the players on their answer on whether the coach is changing the player if injured.

<i>Answer</i>	<i>Duplicates</i>	<i>Percent %</i>
Yes	43	71.66
No	17	28.33
Total	60	100

V CONCLUSIONS AND RECOMMENDATIONS

In light of the objectives of the research tagged the importance of sports medicine in the treatment of sports injuries for football players first class in Anbar province and the results of statistical treatments and based on what was contained in the presentation of the results of those treatments, analysis and discussion, the contents of this section V to shed light on the main conclusions and recommendations that can be extrapolated from The content of those results.

5.1 Conclusions

Based on the results, analysis and discussion, the researcher reached the following conclusions:

From the theoretical research and the field study we conducted using the questionnaire, we found that, unfortunately, the importance and status of sports medicine in football in Anbar clubs was not recognized. This is due to the absence of specialists or perhaps to the lack of material side of these teams, and this is due to the negative impact on athletes from the health side, by exposure to injuries of varying and varying severity, especially since football is characterized by physical friction and competition. On the sports side, the deterioration of the sports due to the seriousness of the injuries and recurrence and the absence of medical and periodic follow-up.

It also affected the lack of teams on a specialist doctor or even a general practitioner who performs periodic medical follow-up on the players and monitored during and after training, or even during the games. This problem affects football in Anbar province. It also does not give players advice and guidance to protect them from the specter of injuries while exercising.

Moreover, the neglect of the health of the players and their interest in achieving results in the games more than beware of injuries and good performance, so it is necessary for coaches to pay attention to the players and follow them health throughout the sport, in order to exercise this sport in the best conditions.

5.2 Recommendations

After presenting and discussing the results of the research and the findings of the researcher recommends the following:

Attention and adequate attention by the competent authorities and alleviate the amount of problems they flounder in. We also hope that our suggestions find the deaf and good intention to reflect on the ground to serve the athletes and athletes; we ask God Almighty that we have succeeded in that.

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