

ANALYTICAL STUDY OF SPORTS INJURIES IN THE BASKETBALL

Abstract

That the incidence of sports injuries in high growing between athletes and this phenomenon is the alarm that threatens the lives of athletes alike and this tells us the need to provide more prevention methods to determine the best methods of treatment and rehabilitation of patients in order to quickly restore recovery and return to action in the shortest possible time. In the context of trying to promote the Union basketball skills and focus on the training centers of the Union and skilled education to reach the highest level of technical and Mhary and my plans, exposing players to injury during training or matches as a result of the difficulty of performance or friction between the players. In that sense, interested researcher to study the phenomenon of sports injuries among basketball players in the Kingdom of Saudi Arabia in the contests first division to reach the controls of the injuries sporting types and locations and causes of injuries to the Centers for various basketball players to utilize a specialist rehabilitation sports, coaches and officials in the clubs to reduce the incidence of injury and avoid them and it is which prompted the researcher to try to find out the sports injuries suffered by players of different centers of basketball. The study aimed to identify the types and locations and causes of differences in the centers of the player sports injuries suffered by basketball players and the use of researcher descriptive method for basketball players registered for season 2010/2011 the Federation of Basketball Saudi Arabia where the number of players (220) player. It was one of the most important results to be the maximum rate of infection with torsion followed by rupture, followed by breakage and less incidence of dislocation highest percentage of sites of injuries were in the knee, followed by the foot, followed by the thigh and lower proportion of the head the highest percentage of infected bone was of the shoulder night is rib cage, followed by the thigh, followed by the leg.

Key words: *basketball, centers, injuries*
