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Pattern of Injury and it's Effect on Health among the Archery Players in BKSP

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This work has never before been approved in full for a degree, nor is it presently being presented as a candidate for one. A portion of the criteria for the B.Sc. in Physiotherapy degree are being met by submitting this dissertation.

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If the result of this project are published in the future, the research supervisor will be very concerned. The SAIC College of Medical Science and Technology (SCMST) department of physiotherapy will permit, and the project will be properly credited as a graduate thesis.

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List of abbreviation

BKSP : Bangladesh Krira Shikkha Protisthan

SPSS : Statistical Package for Social Science

US : United State

Kgs : Kilograms

Ib : Pound

BMI : Body Mass Index

SCMST: Saic College of Medical Science & Technology

IOC : International Olympic Committee

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Abstract

Background: The reported archery-related sports injuries mostly comprise shoulder and soft tissue injuries caused by repetitive draw on the bow. 57.3% of the archers suffered some kind of injury during archery practice. **Purpose:** The aim of this study was to understand the injury level of archery players and it's effect on health among the BKSP archery player. **Objective:** This study's objective was Find out Pattern of injury and it's effect on health among the archery players in BKSP. **Methodology:** This study was performed in a cross-sectional study design. The sample of this study was collected from BKSP through a convenience sampling procedure and the number of total sample was 80. The data was collected from BKSP. The data collection process was a questionnaire with a face-to-face interview. Data was analyzed with Microsoft Office, Excel 2007 using SPSS 25 version software program and test use of study chi-square test. **Result:** This study's participants mean and standard deviation of participants age where mean ± standard deviation 1.64 ± 0.484 years; It was observed that 36.3% (n= 29) and 63.7% (m= 51) of the respondents was 10-14 and 15-19 years. In this study sex of the participants 55% were male (N=44) and 45% were female (N=36). In this study type of bow of the participants 65% were compound bow and 35% were recurve bow. In this study injury of the participants (N=14) 17.5% were injury and (N=66) 82.5% were no injury. The study found that pattern of injury of the participants Laceration was (N=1) 7.7%, (N=1) 7.7% were Muscle strain and Tendinitis were (N=11) 84.6%. Total injury confirm were (N=14). Most of the injury were over use injury and the musculoskeletal health issues among archery players was found 3.8%. Despite the presence of these issues, the majority of participants 97.5% were able to maintain full participation in training and competition without any health related limitations. **Conclusion:** Occurrence of shoulder pain in the game of archery is common. Majority of archers with current shoulder pain were found afflicted with overuse injuries affecting supraspinatus, due to secondary impingement. It is suggested that in order to avoid these injuries, sports coaches and archers should be aware of the risk of injury and should advise training accordingly.

Keywords: *Archery, Coach, Injury, Bow, Arrow.*