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SUMMARY

Characteristics of lesions of the lower limbs in runners; the course and results of rehabilitation

Although running is considered a relatively safe type of physical activity, injuries do not omit runners. A prolonged period of injury in which a person is practicing actively running is prevented from conducting active training not only causes loss of condition of a runner, but also has a negative impact on their well-being and emotionally. A properly conducted medical rehabilitation and properly implemented program of gradual return to sports activities, on one hand reduce the time off from active practice, on the other hand to avoid secondary injury associated with too rapid load the musculoskeletal system after long hipoactivity. Aim of this study is to characterize lesions of the lower limbs of runners and the course and results of rehabilitation.

The research material was a group of 24 short-runners (15 men, 9 women) Sports Club AZS Lublin UMCS Lublin. The study used questionnaire consisting of 27 questions.

Analysis of the collected material allowed us to draw conclusions, which show that people who trained most common running injuries ankle or Achilles tendon. In the study group, there were statistical differences with respect to the period of the rehabilitation treatment. Most of the runners returning to active training even when conducting rehabilitation treatment.