Incidence of Cruciate Ligament Injuries in Saudi Professional Soccer League in the Past 20 Years

Authors : Khaleel I. Alyahya

Abstract : Soccer is globally considered as the most popular sport in the world in terms of both audience and participation. Injuries are common incidents in professional sports, especially those kind of sports with physical contact between competitors. They are the biggest threats to sport investment, and they pose negative impact on the investment process as many professional athletes have lost their careers because of sport injuries. The study aims to report the incidences and causes of CL injury in Saudi professional soccer league in the past 20 years. Additionally, this study is also aimed to measure the association of the most common causes of injuries with the age and the rate of injury recurrence in the Saudi professional soccer league. This descriptive epidemiology study combines published information online (Transfermarkt.com), TV news and newspapers, about players and teams in Saudi Arabia from the year 2000 to 2020. Data were analyzed with graphs and tables of CL injury incidence by club type, frequency of matches, position of players, age, and causes of injury. In addition we also assess the recurrence of injury among the players. Our results revealed that CL injury is common among players of Saudi professional soccer league. Contact with other players or opponents is the leading cause of this injury (61.9%). In terms of players' position and CL injury, the center midfielder is more susceptible (34.9%) than players in other positions. Age-wise, young players between 20 - <25yr (42.9%) and 25 – 30 years (39.7%) of Soccer age sustains more injury than older players (14.3%). The incidence of injury among Saudi players during this time was higher than that recorded for non-Saudi professional player. In our study, we found that CL injury is established among players in Saudi professional league most of which was due to contact with another player. Our findings can serve as a valuable reference to understand how frequency of participation in match, pressure from media and fan could affect players' performance and contribute to cause of injury.

Keywords : knee, cruciate, ligament, sport, soccer, league, injures

Conference Title : ICHAP 2022 : International Conference on Human Anatomy and Physicology
Conference Location : Toronto, Canada
Conference Dates : July 19-20, 2022