

## Injury Pattern of Field Hockey Players at Different Field Position during Game and Practice

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**Abstract :** The purpose of the study was to assess and examines the pattern of injury among the field hockey players at different field position during practice & game. It was hypothesized that the backfield might have the height rate of injury, followed by midfield. Methods: university level and national level male field hockey (N=60) are selected as a subject and requested to respond an anon questionnaire. Personal characteristics of each and individual players were also collected like (age, height, weight); field hockey professional information (level of play, year of experience, playing surface); players injury history (site, types, cause etc). The rates of injury per athlete per year were also calculated. Result: Around half of the injury occurred were to the lower limbs (49%) followed by head and face (30%), upper limbs (19%) and torso region (2%). Injuries included concussion, wounds, broken nose, ligament sprain, dislocation, fracture, and muscles strain and knee injury. The ligament sprain is the highest rate (40%) among the other types of injuries. After investigation and evaluation backfield players had the highest rate of risk of injury (1.10 injury/athletes-year) followed by midfield players (0.70 injury/athlete-year), forward players (0.45 injury/athlete-year) & goalkeeper was (0.37 injury/athlete-year). Conclusion: Due to the different field position the pattern & rate of injury were different. After evaluation, lower limbs had the highest rate of injury followed by head and face, upper limbs and torso respectively. It also revealed that not only there is a difference in the rate of injury between playing the position, but also in the types of injury sustain at a different position.

**Keywords :** trauma, sprain, strain, astroturf, acute injury

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