



Prevalence of shoulder injuries in rugby players

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Abstract:

Rugby is an evasion and contact team sport which was originated in England. It was in that country where it took its name from the rules of football developed at Rugby City School in the 19th century.

In this sport of 15 players against 15 the main objective is to score points by transporting the ball to the opposite marking area. The opposing team will prevent this happening by means of a succession of actions that include tackles, mauls or rucks. All these actions are sports gestures of contact which are the reasons why joints, muscles, ligaments and tendons of the players' bodies will suffer from stress and will have the same chances of incurring in injuries.

In this sport injuries are usually an essential determinant as it is a sport which requires a great deal of physical effort as well as a high level of physical contact. In addition, shoulder injuries have a high prevalence. Rugby players have an injury incidence of 95%, only 5% have had no injuries. And among them 35% state they have been injured more than 5 times.

Among the injuries themselves, the shoulder joint is one of the most common along with the ankle sprains and muscle injuries, occurring in a percentage higher than 25%.

During the presentation we will talk about the most common injuries in the shoulder joints in rugby players, the mechanisms and the phases of the game where they are produced. The assessment of such injuries. And finally



the effectiveness and needs of the conservative treatment vs. surgical treatment.

Biography

Vicente Andreu is a physiotherapist who has studied at the University of Valencia. He then completed a postgraduate degree at the University of Valencia in "Manual Therapy" and a postgraduate degree at the Euroinnova University of "Expert in rehabilitation." Vicente is an expert in manual therapy, sports physiotherapy and chronic pain. He works as director of his clinic "AD Fisioterapia Valencia" which specializes in the treatment of athletes and patients with chronic and complex pain. He is also a professor at the University of Valencia. In addition he is speaker at conferences and training master of techniques such as "percussion therapy" by theragun or "intelligent neuromodulation therapy" by InterX.

Furthermore he is the person in charge of health area and physiotherapist for the rugby club "CAU Rugby Valencia" and the Valencian rugby federation. Vicente is currently conducting a concussion impairment study in rugby players and is an expert on shoulder injuries in rugby players.

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