



## **TITLE: The epidemiological profile of knee injury pattern among different divisional football players**

Name: Atiqur Rahman Khan

Affiliation: Integrated Disability Service Center, JPUF, Ministry of Social Welfare

Country: Bangladesh

Email ID: [atique23khan@gmail.com](mailto:atique23khan@gmail.com)

### **ABSTRACT**

Complete scenario of number and factors of knee injuries among the male footballers is intangible; therefore, it would seem essential to compute the injuries in relation to field condition and to show the nature and type of injuries including the possible risk factors. In a total of 200 of 215 soccer athletes playing at least one year professionally were randomized with the age range 14 - 40 years recruited from different divisional clubs. All information collected through questionnaires from five football clubs who were participating in the tournament from March 2011 to February 2012. In total, from 200 players, 116 of them suffered soft tissue injuries (29 per 100 players) in the knee on average 27 years of age. A higher percentage of injury explored in midfielder 35.5%, and the ligament was the most common 63.8% soft tissue injury. 59% participant noted about lack of a particular exercise regimen for the knee. Poor ground condition significantly associated with the injury ( $\chi^2=6.7503$ ,  $p=0.034$ ). There was a significant association ( $OR=2.745$ ,  $\chi^2=11.1048$ ,  $p=0.0010$ ) between performing particular exercise (41%) and non-performing (59%); and knee injuries. Most injuries were characteristically mild (58.6%). Majority of injuries occurred in contact (74.1%), during games (44%). The significant relationship found between warm up and knee injury ( $OR=2.110$ ,  $\chi^2=5.8808$ ,  $p=0.0107$ ). Physiotherapy treatment 39.6% was the second choice of managements. Our findings revealed that midfielders suffered a greater percentage of knee injuries compared to other positions, with injuries being more predominant during match play.

### **BIOGRAPHY**

Atiqur Rahman Khan of MPH is a medical practitioner and experienced researcher, which includes more than 8 years of clinical experience and 5 years of research work. AR Khan received his MPH degree in hard work from ASA University Bangladesh (ASAUB) in 2016. Before that, he has received a graduate degree in BSPT from the University of Dhaka, Bangladesh. He has been working as a clinical physiotherapist integrated disability service center (IDSC), JPUF, ministry of social welfare, Narayanganj, Bangladesh. During this period, as a conceited and motivated researcher, he also carried out research work, including preparing manuscripts for publication in respected peer-reviewed journals.

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**RECENT PUBLICATION:**

1 Md Forhadul Haque<sup>1</sup>, Atiqur Rahaman Khan<sup>2\*</sup>, Md Jobair Khan<sup>3</sup>, Epidemiology of Sports-related Musculoskeletal Injuries Common in Men's Domestic Cricket: An Analytical Cross-sectional Study Based on Sports Fields. *Journal of Clinical Physiotherapy research*, 2020

2 Imtiaz Ahmed<sup>1</sup>, Md Jobair Khan<sup>2</sup>, Atiqur Rahman Khan<sup>3\*</sup>, Dr. Mohammad Delewer Hossain Hawlader<sup>4</sup>, Dr. Sanjana Zaman. (2020) Evaluating the Effectiveness of Lumber Corset Wearing in Low Back Ache: A Rehabilitation Center Based Cross Sectional Study: *International Journal of Physical Education, Fitness, and Sports*. 9(2),90-98. DOI: <https://doi.org/10.34256/ijpefs20211>

3 Atiqur Rahaman Khan<sup>1\*</sup>, Jobair Khan<sup>2</sup>, Mohammad Delwer Hossain Hawlader<sup>3</sup>. (2019). The Epidemiological Profile of Knee Injury Pattern among Different Divisional Football (Soccer) Player. *Turkish Journal of Kinesiology*. 5(2), 50-56. DOI: <https://doi.org/10.31459/turkjin.530881>

4 John Tilock Sarkara<sup>1</sup>, Md Jobair Khan<sup>2</sup>, Atiqur Rahman Khan<sup>3\*</sup>. (2018) Scope of Physiotherapy Practice in District Hospitals of the Semi-developed Barisal Division, Barisal, Bangladesh. *Journal of Global Research in Public Health*. 3(2), 94-105.

5 Atiqur Rahaman Khan<sup>1\*</sup>, Jobair Khan<sup>2</sup>. (2018) Musculoskeletal Symptoms among female garments worker: Working Environment. *Journal of Exercise, Sports and Orthopedics*. 5(1), 1-7. DOI: <http://dx.doi.org/10.15226/2374-6904/5/2/00173>

Presenter Name: Atiqur Rahman Khan.  
Mode of Presentation: Oral/Poster  
Contact number: +8801942738144

