

Injury Patterns in Zimbabwe Sevens School Boys Rugby

Nomathamsanqa Mpofu and Eberhard Munetsi Tapera*

National University of Science and Technology, Bulawayo, Zimbabwe

***Corresponding Author:** Eberhard Munetsi Tapera, National University of Science and Technology, Bulawayo, Zimbabwe.

Received: June 29, 2022; **Published:** June 30, 2022

Keywords: *Injury; Pattern; Incidence; Sprains; Concussion; Abrasion; Sevens*

Very few studies have been conducted in sports injuries in general, and in rugby in particular, in Zimbabwe. This study described injury patterns in boys' schools rugby in Zimbabwe using a cross sectional design. Injury data was collected from 120 secondary school boy rugby players participating at the Matabeleland Sevens one day tournament in 2015. Data collection required all players who sustained injuries in this tournament to complete a self-administered questionnaire adapted from Macnus (2010) Instrument. The data so collected was condensed into frequency tables and presented as graphs or pie charts in order to show the distribution of injuries by type and playing position. Injury incidence was found to be 27.78 per 1000 hours. Sprains, concussions and bruises were the most frequent injuries incurred among all the players at frequencies of 28.6%, 25.7%, 20.0%, for each injury, respectively. Most of the injuries recorded were located at the knee and head with respective frequencies of 25.0% and 23.0%. Sprains were suffered by over three quarters (83.3%) of the playing positions, with wingers contributing 8.6%, wings and props 5.7%, and the hooker and fly-half each 2.9% to all the sprains incurred. Concussions were suffered by close to two thirds (67%) of the playing positions investigated, with centers and the scrum half incurring less than a tenth (8.9% and 5.7%) of all the concussions sustained, respectively. Nearly two thirds (63%) of the injuries resulted from tackles, while just over a tenth (11.0%) resulted from collisions. More than half (60.0%) of the injuries were minor, while nearly a third (28.4%) were moderate, and slightly over a tenth (11.6%) were severe. We conclude that the injury incidence in Zimbabwe boys sevens rugby is low, that the head and knee are common injury sites, that sprains and concussions are frequently sustained injuries, and that most of the injuries are minor. We recommended that Sevens rugby players develop high fitness levels, that they put on protective wear, especially for the knees and head and that coaches be coach tackles with safety concerns in mind, in order to minimize school boy sevens rugby injuries.

Volume 6 Issue 7 July 2022

©All rights reserved by Nomathamsanqa Mpofu and Eberhard Munetsi Tapera.