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## I. (ORAL PRESENTATION)

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### **Comparison of injuries between top Slovenian table tennis players and top Slovenian tennis and badminton players**

#### Abstract

*As a result of increasing participation, intensity, demands and longer training periods, the potential risk of injuries in sport seems to increase in all levels of athletes. It is necessary to understand what factors have to be involved in an injury-prevention strategy for table tennis. On the sample of 83 top Slovenian athletes we have studied the frequency of injuries among table tennis, tennis and badminton players, types of injuries and severity of injuries – the latter based on data of players absences from training and/or competition processes. Although table tennis is one of the less risky sports, there are some injuries in best Slovenian table tennis players. The most liable parts to injuries are shoulder girdle (21,05%), spine (15,79%) and hips (15,79%), while ankle (13,16%), foot and wrist (10,53%) are slightly less liable to injuries. According to this data, the majority of injuries occur halfway through a training session or a competition event, mostly during a competition season. The injuries primarily pertain to muscle tissues; these are followed by joint and tendon injuries. There are no differences between male and female table tennis players. Compared to other racquet sports players, table tennis players suffer from fewer injuries.*

**Key words:** table tennis, racquet sports, injuries comparison