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### Sport injuries in Iranian skiers (Shemshak slope) 2000-2001

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#### Abstract:

Background: Sport medicine is a relatively new scientific branch in Iran. In order to evaluate sport injuries in Iranian skiers we examined and followed all ski players who was injured while skiing in Shemshak slope during a skiing season (January to April 2000). Materials and Methods: During a period of 3 months, a total of 32050 persons skied in Shemshak slope and 76 case of injuries were identified; the injury rate was calculated as 2.3/1000 skiers. Among the injured organs knee (32%) and head and neck region (20%) were respectively the most common sites of injury. Sprain of the medial collateral ligament was the most frequent knee injury (28% of the cases). 26.7% of the injured cases were amateurs and 21% of them used hired ski instruments. Results: In this study such factors as lack of exercise before skiing, fatigue and time of skiing (beginning or end of the season) were not found to be related to the injury rate. However, head and neck injuries in contrast to knee injuries were most frequent in the end of the season ( $P < 0.01$ ). Conclusion: This study confirms the necessity of greater care of knee joints during skiing and probable need of wearing helmet for head protection in the end of skiing season. More studies are necessary to clarify other details regarding sport injuries in skiers.

#### Keywords:

[Sport medicine](#) . [Iranian skiers](#) . [Shemshak slope](#)

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