

## The Prevalence of the Lower Extremities Injuries in Handball Players and Correlation with the Agility

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### Abstract

**Introduction:** Handball is a high-intensity sport with frequent physical contact between players. Characteristic for games involves high-speed running in several dimensions such as forwards, backwards, sideways, plant and cutting movements, jumps, landings, turns, and repeated acceleration and deceleration movements. Objective of this study was to investigate the prevalence of lower extremity injuries and in handball players and correlation with agility performance.

**Methodology:** Thirty handball players male 19 female 11, body mass index  $22 \pm 2.86 \text{ kg/m}^2$ , high  $168.77 \pm 8.15 \text{ cm}$ . age  $19.43 \pm 1.19$  years old, in Institute of Physical Education Bangkok Campus were enrolling in this study for the lower extremity injuries examination and agility.

**Results:** History of the lower extremity injury in 6 month later was found 17 percent. There was not significant negative correlation between history of lower extremity injuries and agility (Pearson Correlation -0.04).

**Conclusions:** The history of injuries of lower extremity may affect on the agility but not significant in this study. Because of, several factors may contributed with the agility such as the lower extremity strength, flexibility, and endurance. In the future should to exam in another factors and the short duration about the history of injury in the handball players.

**Keywords:** Handball Players, History of lower extremity injury, Agility