

0039

### **Síndromes por Sobreuso en una actividad deportiva**

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#### SYNDROMES BY OVERUSE IN A SPORT ACTIVITY

Introduction: The Syndromes by Overuse are injuries produced in soft weaves as a result of action or excursions of movement repeated of different regions or produced segments of the body during a sport activity, being in a series of micro traumatismos during a certain period of time. Swimming as it deports competitive implies high demands as far as training load.

Objectives: To establish the incidence of Syndromes by Overuse in members superiors like bicipital tendinitis and of sleeve rotator, in competitive swimmers of cabotage. To recognize the influence of the age, sex, dominance and antiquity in the sport. To identify the load of the training like risk factor. To establish what distances, style of I swim and amount of annual races presents/displays major incidence in the production of the tendinitis.

Material and methods: The sample was of 50 promotional and federal swimmers. The interview and the evaluation were the techniques of chosen data collection. The evaluation consisted of provocative tests of pain. For Bicipital Tendinitis: Test of Speed, Instability of the Biceps. For Sleeve Rotator Tendinitis: Sign of the Sinew of Supraespinoso, Subescapular, Infraespinoso.

Results: 20% of the swimmers presented/displayed incidence of Syndromes by Overuse. In that weekly stimuli have a 10-14 load the incidence was of the 100%. The distance with greater incidence was the basic one with 55.5%. The style that presented/displayed major incidence was crawl and midley.

Conclusions: The competitive swimmers of cabotage present/display risk of undergoing Syndromes by Overuse, since of the 50 swimmers corresponding to the sample, 10 of them presented/displayed some or both of the studied syndromes.

Contribution to the practice: This investigation tries to release the importance of the roll of the occupational terapista in an interdisciplinary equipment in competition sports.

References: Counsilman, J; Swimming. European Hispanic Ed. Barcelona, Spain. 1995. Rockwood; Matsen; Shoulder. Volume 2. Ed. Inter-American Hill. 1997.