

MUSCULOSKELETAL INJURIES OF ATHLETES NATIONAL PARALYMPIC COMMITTEE YOGYAKARTA SPECIAL REGION

**by Prof. Dr. Dra. Sumaryanti, M.S./NIP. 19580111 198203 2 001 Prof. dr. Novita Intan Arovah, MPH.,
Ph.D./NIP. 19781110 200212 2 001 Dr. Fatkurahman Arjuna, S.Or., M.Or./NIP. 19830313 201012 1 005**

ABSTRACT

Survey research on health problems and musculoskeletal injuries among National Paralympic Committee (NPC) athletes has an important aim in understanding the level of health problems and injuries experienced by participating athletes in Paralympic sports competitions at regional, national and international levels. The method used was a descriptive epidemiological study with the active participation of NPC DIY athletes and coaches. The research results show that in the last three months, out of a total of 120 athletes, there were 20 incidents of minor injuries (16.7%) and 12 incidents of serious injuries (10%) during training and matches. The analysis also revealed that the most common injury locations were the wrist, shoulder and fingers. The most common type of injury is laceration. Coaches prioritize adequate warm-up, improved technique, and physical training programs to prevent injury. In injury management, wound care and the use of the RICE method are mostly carried out by 4 trainers. This research provides in-depth insight into the training and health of athletes across various sports, and can be used to improve training programs, injury prevention, and injury management to improve athlete well-being and performance.

Kata Kunci: *MUSCULOSKELETAL, INJURIES OF ATHLETES, NPC, DIY*