

-Abstract-

American Football Injuries in Korea

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American football is currently played in 29 Universities in Korea, It is a contact sport where injuries are inevitable. This study was undertaken to determine the incidence and the anatomical distribution of injury based on evaluation of Yonsei University American football team. A total 74 injuries was reported among 77 players Knee, ankle and hand were vulnerable to injury. Operations were performed on 9(12.2 %) of the injuries. Catastrophic injuries can occur in this sport, but none has happened in Yonsei University team during the 20 years for which the sports has been practised. The frequency of injuries and their profile resemble those in US-based studies so it is suggested that the precautions and preventive measures recommended in the USA should be applied and followed in Korea.

Keywords : American football, Athletic injuries