BÖLÜM 10

KAS YARALANMALARI

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Giriş

Kaslar, kontraktiliteleri (kasılmaları) nedeniyle nefes alma, çalışma, ulaşım, sporda hareket ve fiziksel aktivite gibi insanın hayati fonksiyonlarının yanı sıra denge ve pozisyon için gereklidir.

Kas yaralanmaları spor hekimliğindeki tüm yaralanmaların en yaygınları arasındadır, ancak aynı zamanda en yaygın yaralanmalar olmalarına rağmen çoğu zaman yanlış yorumlanırlar ve yetersiz tedavi görürler. Çoğu sporcu yaralanma anından kısa bir süre sonra günlük aktivitelerine devam edebildiğinden, yaralanmanın boyutunu hafife almak kolaydır. Çoğu sporda kasların tüm yaralanmaların %10-30'unu oluşturduğunu gösteren çalışmalar vardır (1, 2). Ayrıca futbol maçları sırasında meydana gelen tüm yaralanmaların %30'dan fazlasının kas yaralanmaları olduğu bulunmuştur (3).

Kas yaralanmaları ani ve direkt travma veya kasın gerilme direncini aşan yüksek bir kuvvete maruz kalması gibi indirekt bir travma sonucu gelişebileceği gibi iskemi ve nörolojik disfonksiyonlara bağlı olarak da ortaya çıkabilir (2).

Travmaya bağlı olarak kas lifi, bazal lamina ve fasyanın bütünlüğü bozulduğu kontüzyon, strain ve laserasyon tarzındaki yaralanmalar veya bazal lamina ve bağ doku kılıfının sağlam olup, hücre içinde nekrozun geliştiği yaralanmalar şeklinde

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gibi) teknik hareketler yapılmalıdır. Vücudun ve kasların ısınması performans için önemlidir (76).

Germe egzersizlerinin farklı çalışmalarda çelişkili sonuçları da görülmüştür. Bunun sebebi farklı spor türlerinde farklı aktivitelerin ve farklı hedeflerin olması ile ilgili olabilir. Patlayıcılığın ön planda olduğu sporlarda yüksek miktarda enerjiyi depolama ve kullanma kapasitesine sahip kas tendon ünitesi gereklidir. Germe ile tendonların kompliansı ve enerji absorbe etme kapasitesi artabilir ve kas yaralanmaları profilaksisinde önemli olabilir. Daha yavaş yapılan bisiklet gibi sporlarda tendonun absorbe edeceği enerji daha az olacağı için kompliansın çok yüksek olmasına patlayıcı sporlar kadar gerek olmayabilir (77).

Kuvvetlendirme programları da kas yaralanmalarını önlemede önemlidir.

Hamstring yaralanmalarında Nordic Hamstring egzersiz programı, normal önlemler ile karşılaştırıldığında %45-65 arasında bir risk azalması sağlamıştır. Kasık yaralanmalarında da normal önlemler ile karşılaştırıldığında FİFA 11+ programı ve Copenhagen Adduktor Güçlendirme programı %41 daha etkili bulunmuştur (78).

Kas yaralanmalarının önlenmesinde ***doğru koruyucu ekipman*** ve spor türüne özgü olacak şekilde uygun ayakkabı, eldiven vb. ekipmanlar da etkilidir (79).

Antrenman programı sporcuya özgü planlanmalıdır, aksi halde antrenmandan alınan verim azalacaktır, aşırı yüklenme gibi problemler ortaya çıkabilir.

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