

LES BLESSURES EN RUGBY A 13.



COLLOQUE MEDICAL FFR13

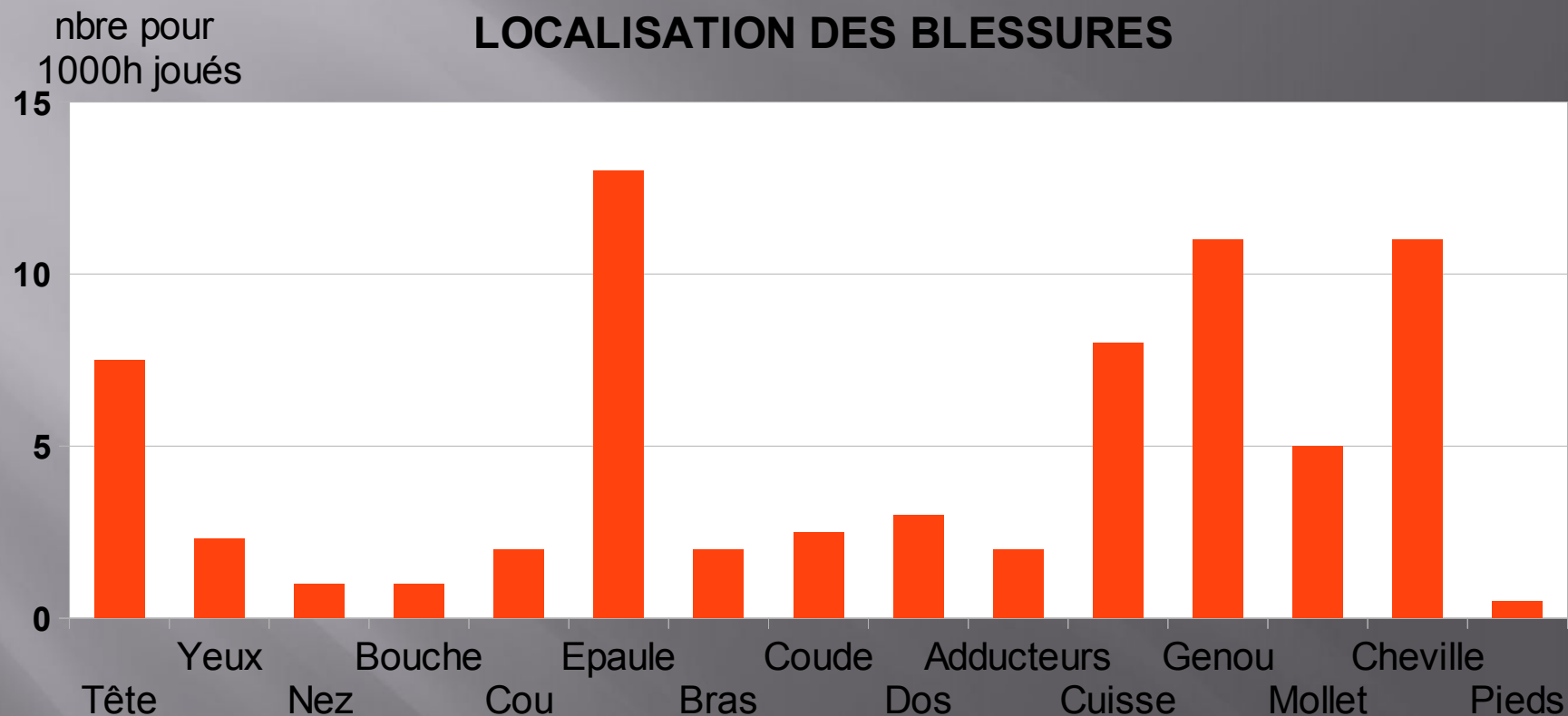
8 JUIN 2013

Benoît ALBERT

SOMMAIRE

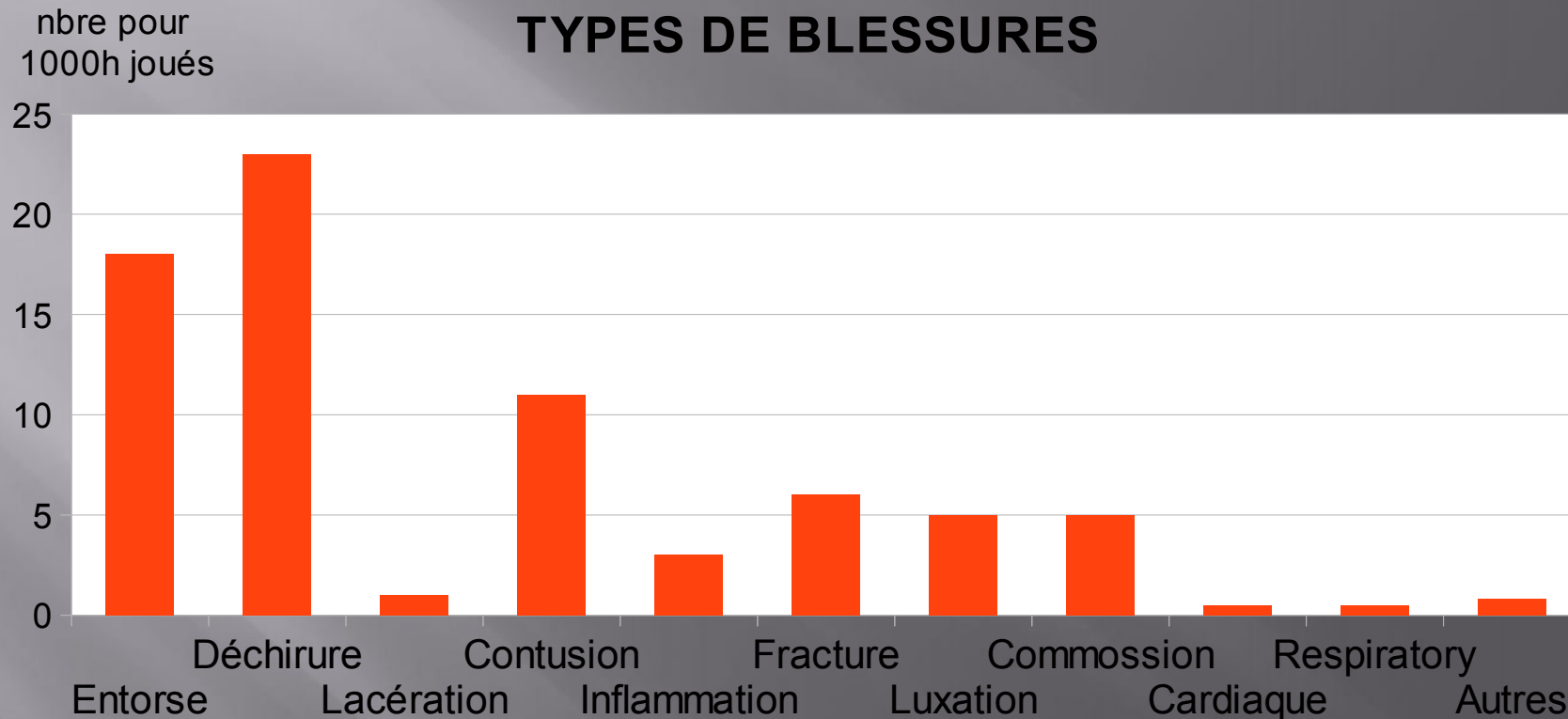
1. Types et localisations des blessures les plus fréquentes en rugby à 13
2. Les situations à risque
3. Les joueurs à risque
4. Exemples vidéos en musculation

LOCALISATION DES BLESSURES LES PLUS FREQUENTES EN RUGBY A 13



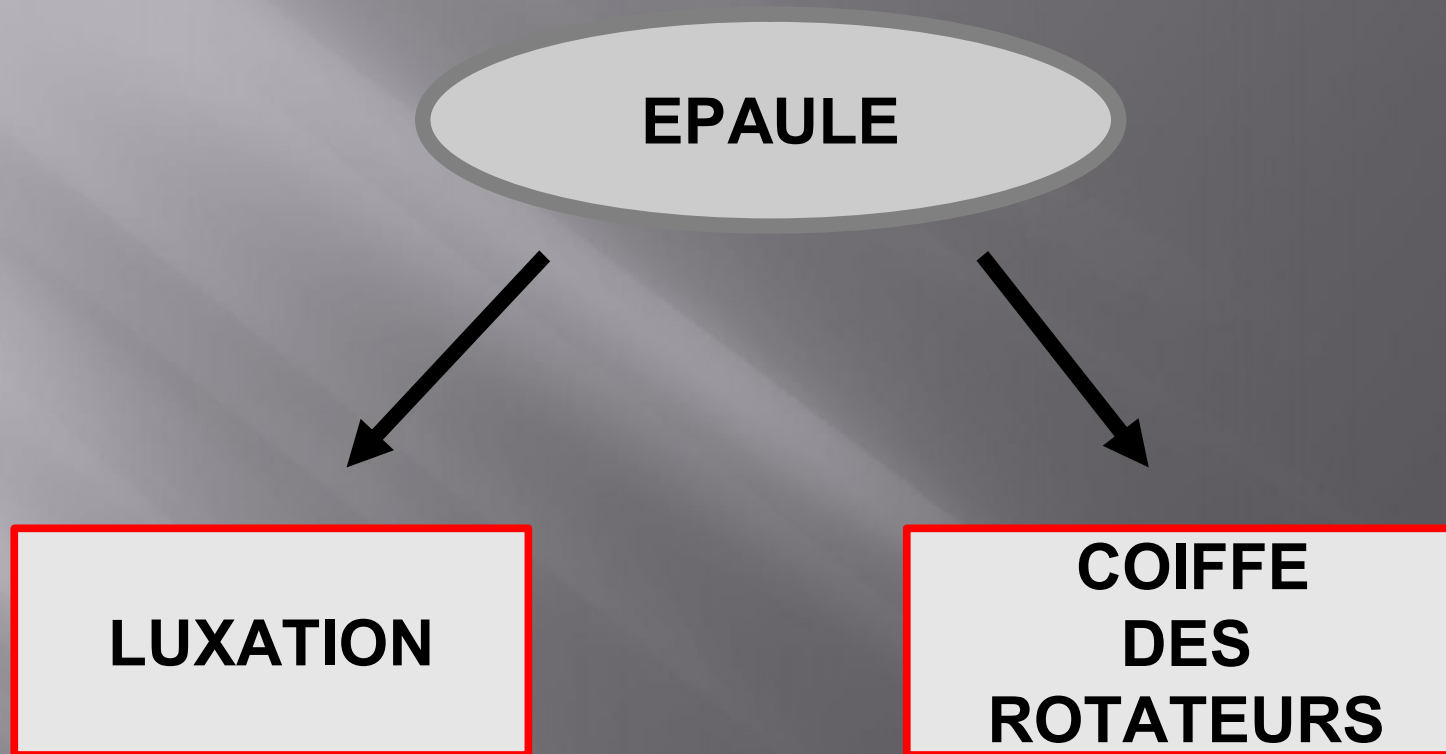
Injuries in the New Zealand rugby league competition, King, Gabbett, 2009
Incidence of injury in junior and professional player over four competitive season, Gabbett, 2008

TYPES DE BLESSURES LES PLUS FREQUENTES EN RUGBY A 13



Injuries in the New Zealand rugby league competition, King, Gabbett, 2009
Incidence of injury in junior and professional player over four competitive seasons, Gabbett, 2008

TYPE DE BLESSURES LES PLUS FREQUENTES EN RUGBY A 13



Données recueillies auprès de Engage Mutual sur 14 équipes de Super League en 2011

TYPE DE BLESSURES LES PLUS FREQUENTES EN RUGBY A 13

**MEMBRE
INFERIEUR**

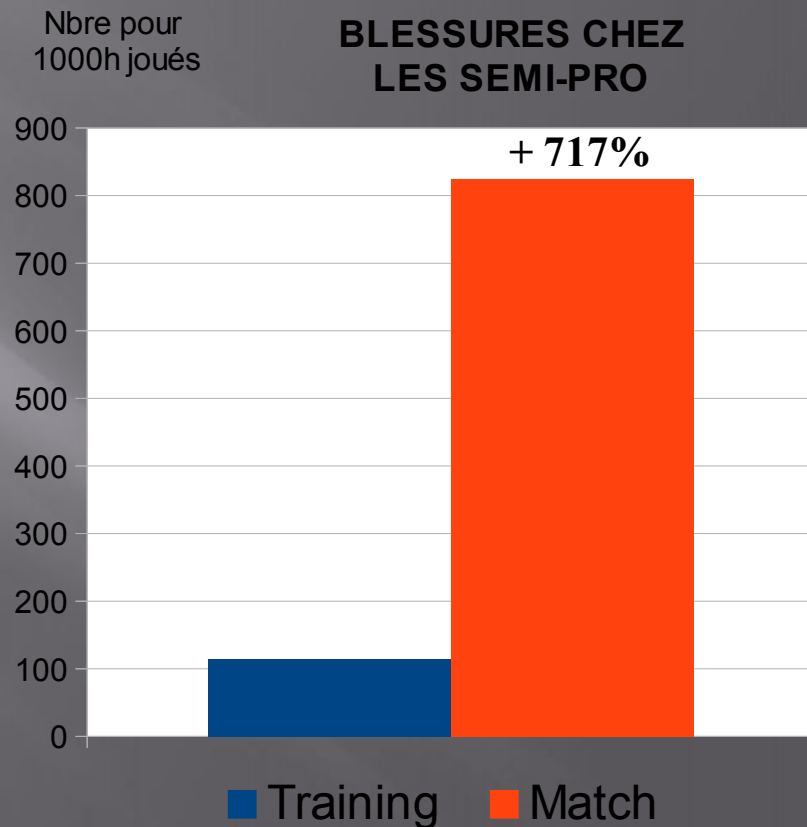
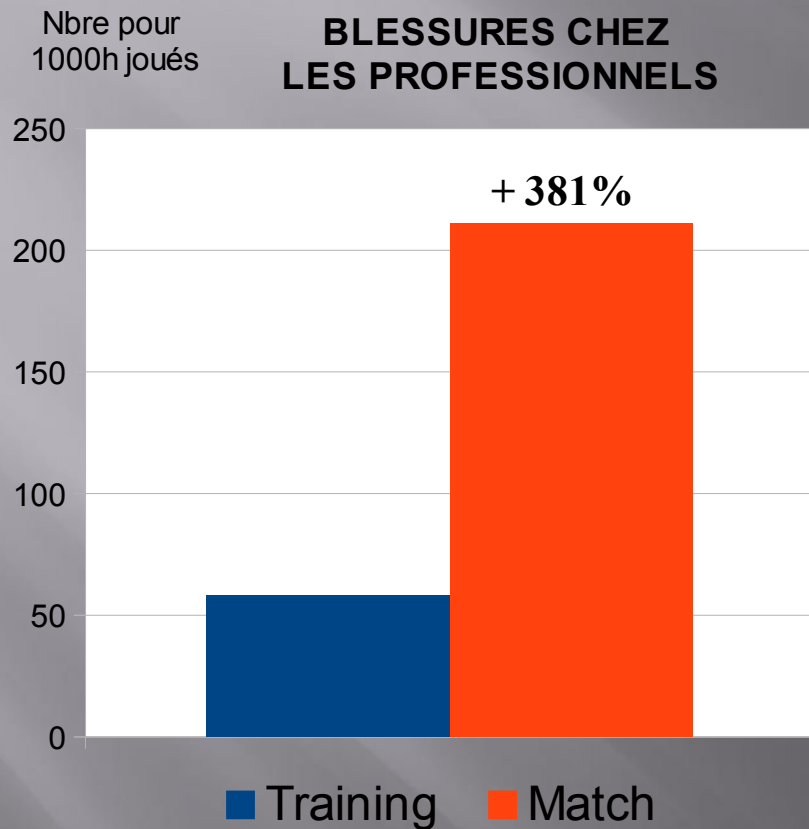
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graph TD; A([MEMBRE INFERIEUR]) --> B[CONTUSION  
DECHIRURE  
ISCHIO-JAMBIERS  
GASTROCNEMIENS]; A --> C[ENTORSE  
CHEVILLE  
GENOU];
```

**CONTUSION
DECHIRURE
ISCHIO-JAMBIERS
GASTROCNEMIENS**

**ENTORSE
CHEVILLE
GENOU**

Training injuries in professional rugby league, Gabbett, Godbolt, 2010

LES SITUATIONS A RISQUE



Match and training injuries in rugby league : a review of published studies. King, 2009

LES SITUATIONS A RISQUE : Le placage

PLAQUER

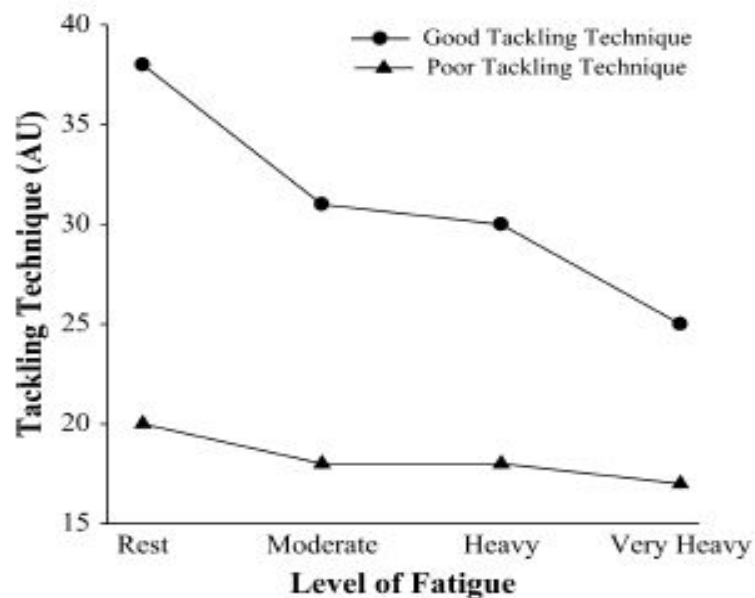
LE PLACAGE

ETRE
PLAQUE

1er au placage

Sur le Côté

3ème quart temps



Aux épaules ou
mi-hauteur torse

2 ou + au placage

Zone non vision

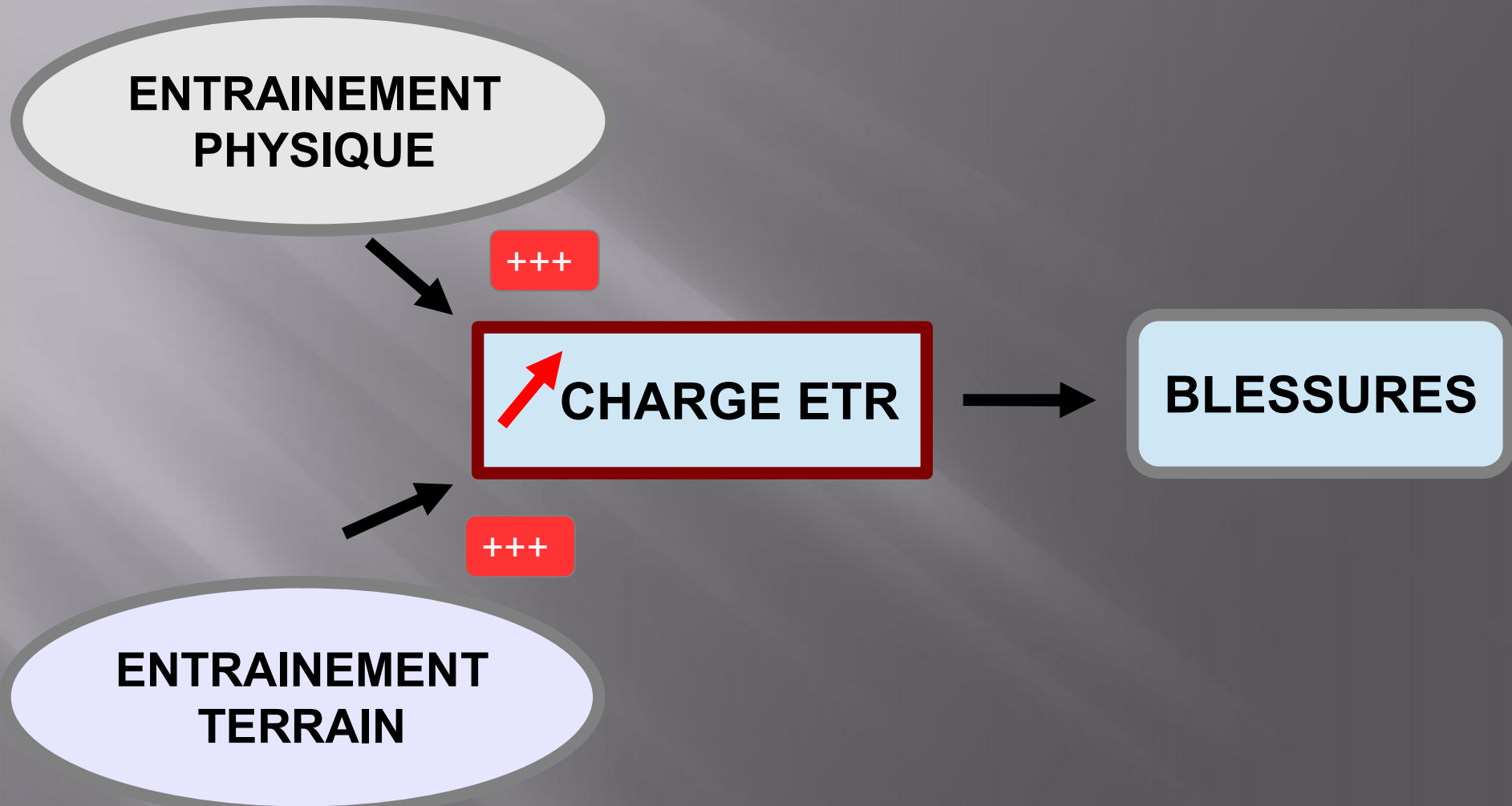
4ème quart temps

Influence of fatigue on tackling technique in rugby league player, Gabbett, 2008

Incidence of injuries rugby league players over four competitive seasons, Gabbett, 2008

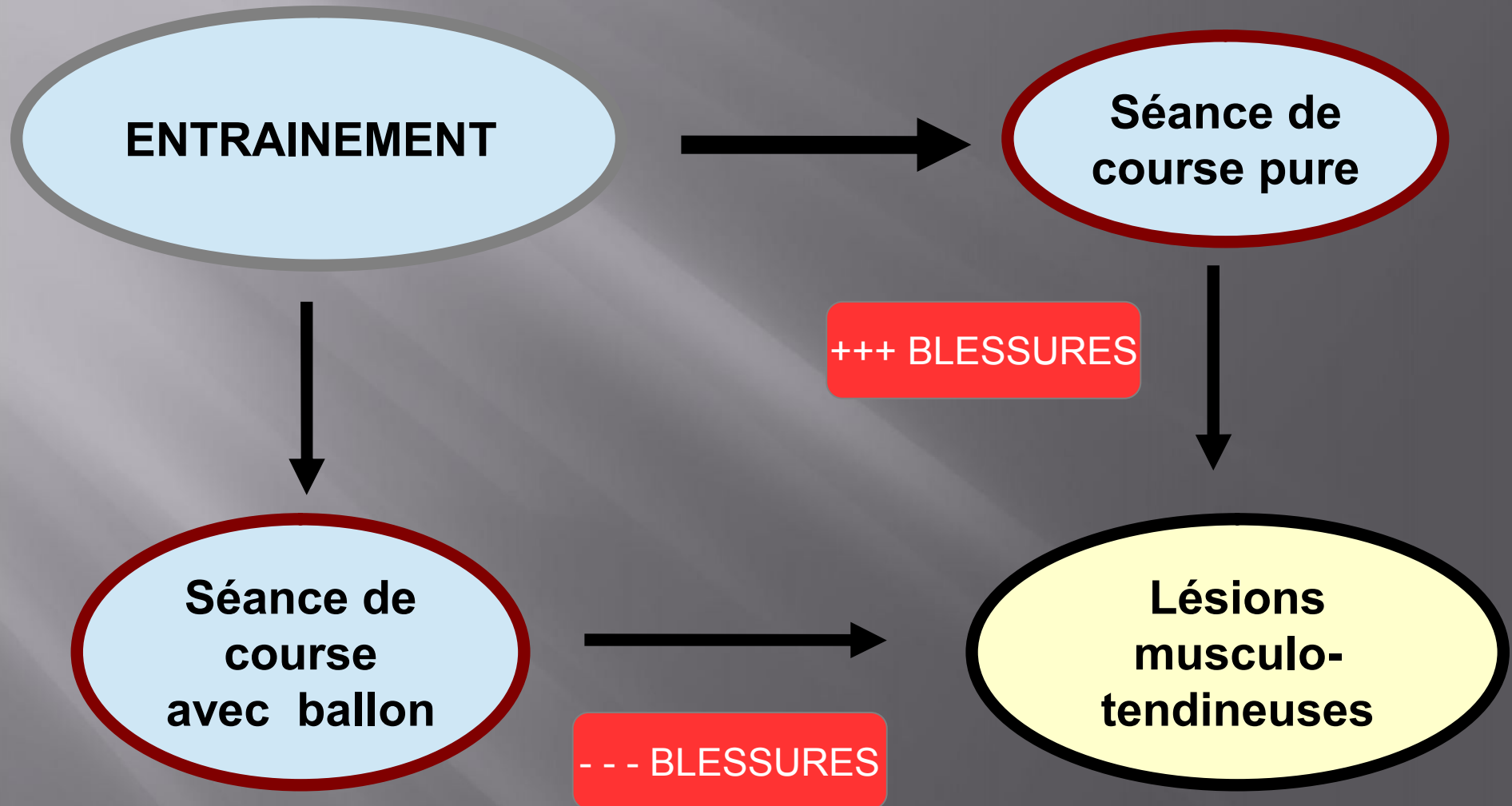
Nature of tackle that result in injury in professional rugby league : a case study. King, 2010

SITUATIONS A RISQUE : Fatigue



Relationship between training load and injury in professional rugby league player. Gabbett, 2011
Applied science of professional rugby league. Gabbett, 2011

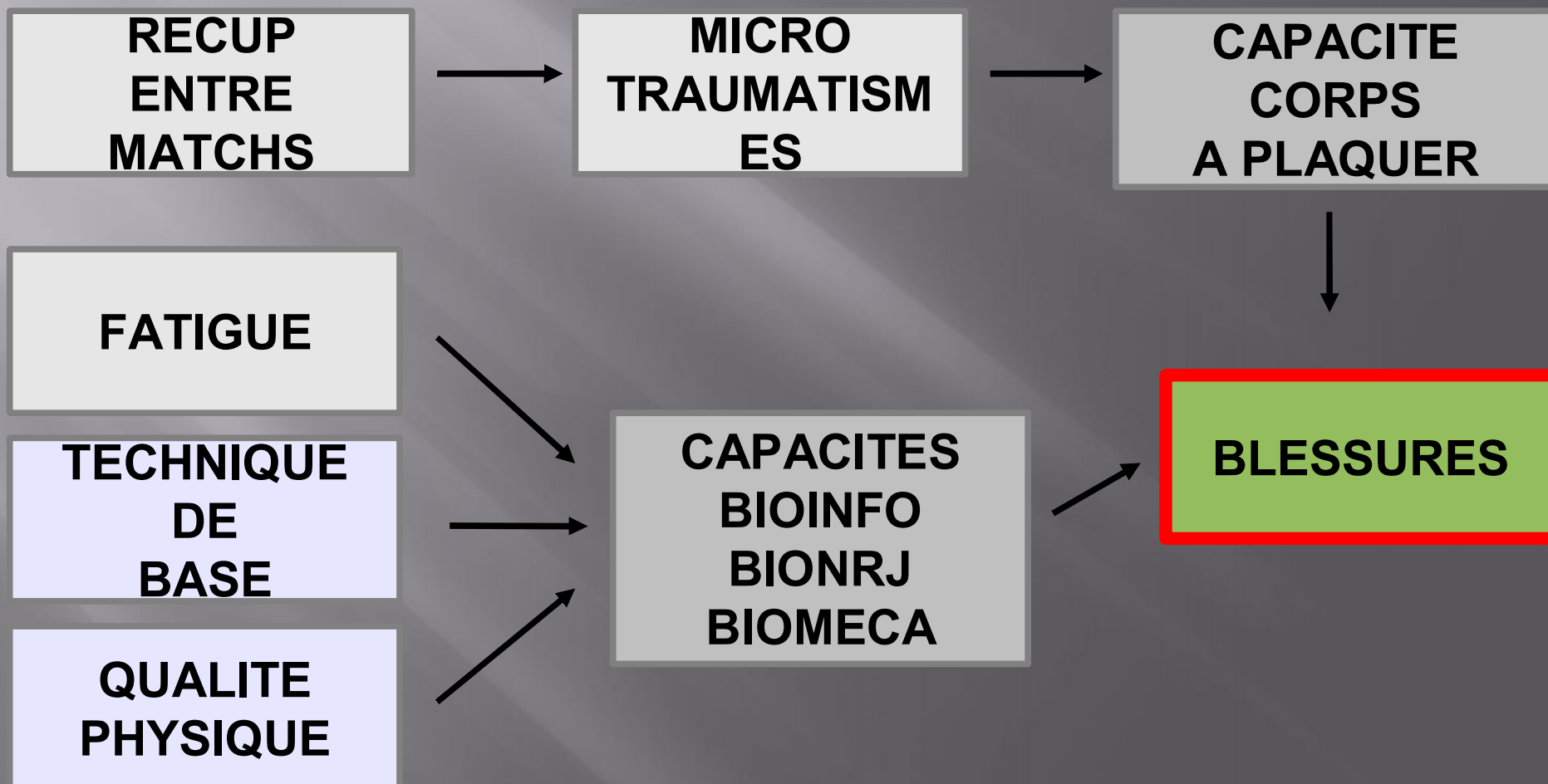
LES SITUATIONS A RISQUE



Training injuries in professional rugby league, Gabbett, Godbolt, 2010

LES JOUEURS A RISQUE

Avants > Arrières = nombre de placages +++ chez Avants



Match and training injuries in rugby league : a review of published studies, King, 2010

LES JOUEURS A RISQUE

**Meilleurs
défenseurs**

Âgé

Expérimenté

Masse grasse

Mésomorphe

*Physiological and anthropometric correlates of tackling ability in rugby league players,
Gabbett, 2009.*

LES JOUEURS A RISQUE

BLESSURES DE CONTACT

**+ lourd +
rapide**

**Faible
efforts
intermittents
intenses**

**Faible Force
Membre
supérieur**

Identifying risk factors for contact injury in professional rugby league players, Gabbett, 2012.

EXEMPLES VIDEOS EN MUSCULATION SUR LA PREVENTION DE L'EPAULE

**Travail des
rotateurs
Externes 1**

**Travail des
fixateurs 1**

**Travail des
abaisseurs**

**Travail des
rotateurs
Externes 2**

**Travail des
fixateurs 2**

**Travail
Grand
dentelé**

**Travail des
rotateurs
Externes 3**

**Travail
proprio**

**MERCI DE VOTRE
ATTENTION !**