

Proposal for a predictive model of injury risk based on anatomical and functional descriptors that are related to knee and ankle joint instability in non-professional basketball players

San Martín Barra, C.M.
Cabezas, G.R.
Gajardo, J.T.

Abstract

Objective: To establish a predictive model of injury risk based on anatomical and functional descriptors with knee and ankle joint instability in non-professional basketball players. **Design and participants:** Non-experimental, descriptive cross-sectional study, directed sampling; 44 university subjects of both sexes, 27 men (61.4%) and 17 women (38.6%) were evaluated; non-professional basketball players aged between 18 - 26 years (22 ± 3.2), belonging to the sports branch of university basketball in Chile. **Results:** a) ($p = .000$) Valgus knee stress establishes a significant association with postural angle in the knee and ankle and functional variables of take off; level of discrimination based model 82% ($CC = .820$). b) ($p = .000$) Valgus ankle stress establishes a significant association with the knee and ankle angle, functional variables of take off; level of discrimination based on model 71.3% ($CC = .713$). c) ($p = .000$) General risk establishes a significant association with the knee angle, take off and landing functional variables; ankle strategy; level of discrimination of the model 83.5% ($CC = .835$). **Conclusion:** There are postural, functional take off and landing factors that are significantly associated with the injury risk of joint instability in non-professional basketball players.

Author keywords

Anatomical
Descriptors
Functional
Risk injury
Saltability