## INTRODUCTION AND AIM OF THE WORK

## INTRODUCTION

## AND AIM OF THE WORK

Participation in sports activities is an important component of normal daily living. Unfortunately, injuries will occur from time to time as a result of sports activities (Agre, 1990).

Sport medicine has developed into a well-defined discipline that encompasses clinical research into the nature of sports injuries and preventive and therapeutic treatment (Schafle et al., 1990).

Over the last 2 decades, volleyball has evolved from a lightly regarded recreational activity into a fiercely competitive, highly skilled, powerful sport with Olympic and professional status (Schafle et al., 1990).

Although volleyball is a sport without contact between players, traumatic injuries are more frequent and more serious than would be expected. So volleyball must be considered among the high risk sports (Ferretti et al., 1990).

The aim of this work is to study the ecology of volleyball injuries among national Egyptian players of both sex and advice the preventive measures.