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Research Article

Analytical Study of Sports Injuries Among International Players Participating in International Tennis Tournaments

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Abstract

Background

The aim of this study was Recognition of sports injuries among high-level players participating in international tennis (Arab and foreign) competitions. And their degrees and places of occurrence in tennis. 'As well Identify the causes of sports injuries among high-level players participating in international tennis competitions (Arabs and foreigners).' As well Comparison of high level players participating in international tournaments of (Arab and foreign) tennis in The quality of the injuries and their causes. The descriptive approach was chosen to suit the nature and purpose of the study.

Methods

'The study was conducted on High-level players participating in international tennis competitions.' The research sample was chosen in a deliberate manner and included: (126) players of high level players participating in international tournaments of tennis of different nationalities Arab and foreign.

Results

'The results showed that The quality of injury to international players in order are (muscle rupture, muscle contraction, inflammation and sprains) The results also showed that Injuries to international players The order is (Middle degree. , the simple degree) and the least severe degree.' It was The places of injury for international players in order are (muscles, joints, ligaments, bones).

Conclusion

'It was The causes of injury to international players in terms of health are (Lack of interest in universal medical examination, Lack of interest in psychological tests, Not to conduct physiological tests before competition, Not to record injuries to their registry, The constant desire to win and excel within the championship, Failure to observe the appropriate temperature in the place of training or competition, Failure to take into account the abnormal state of health during training or competition, Not enough sleep hours, Over-eating before training or competition, The use of doping in various forms, The existence of psychological pressure before training or competition, The lack of availability of primary medical service easily during training, Not to provide the club a health center for treatment and rehabilitation of injuries, Not to use sports massage).' The results also showed that The causes of injury to international players in relation to In terms of preventive measures (pitch, drilling, stones, lack of maintenance of the stadium periodically, The lack of soundness of training places and their suitability, Not to planning the stadium well, The training ground changed from the competition court, Insufficient lighting in the stadium, Wearing inappropriate clothing and shoes) 'as it was The causes were injuries to international players With regard to the training (The coach does not observe the principle of gradual training, Not to use the trainer for weight training ,The coach does not consider the individual differences between the competitors during the training, The player's access to excessive stress during training , The coach's lack of interest in repairing technical errors, The coach did not explain how to avoid the wrong performance , The coach does not specify the quantities and types of food that the player deals with, Lack of good warm-up during training or competition, Lack of sufficient rest periods between training units , Non-compliance with the rules and Laws of the game, The incompatibility between the strength of the arms and legs, Return to training before the completion of treatment and rehabilitation).

Background

The authorities responsible for sports activity in all countries of the world seek to provide the proper training environment and the integrated medical therapeutic environment. The experiment found that sports practice with a lack of good medical environment leads to injury [1].

Sports injury is one of the obstacles that prevent the athlete from continuing to practice or compete, and reduce his progress, resulting in a combination of heavy losses, which can be avoided if followed the right assets in sports practice [2].

Injury occurs in sports activities during learning and training for a variety of reasons, including self-generated by the player himself through his movements without the intervention of a competitor or colleague or non-self as a result of factors and circumstances surrounding the nature of the activity [3].

The injury may occur during the competition period, which is characterized by increased exposure of players to injury because of the availability of several factors related to the training plan, or the end of the treatment program for the injured player, and participate in the matches before the completion of recovery, and other reasons that lead to greater injury to players [4].

Despite the obvious scientific progress in the field of sports injury science and related sciences such as sports medicine, physiology and injury psychology, there are no accurate statistics in the Arab region on sports injuries at the level of children, sports practitioners or club players. Says Osama Riyad, & Imam Hussain that the rate of injuries to stadiums has increased and despite the safety measures that have improved the situation in most fields, but the incidents of stadiums are still increasingly threatening players and sports style in the stadium [5].

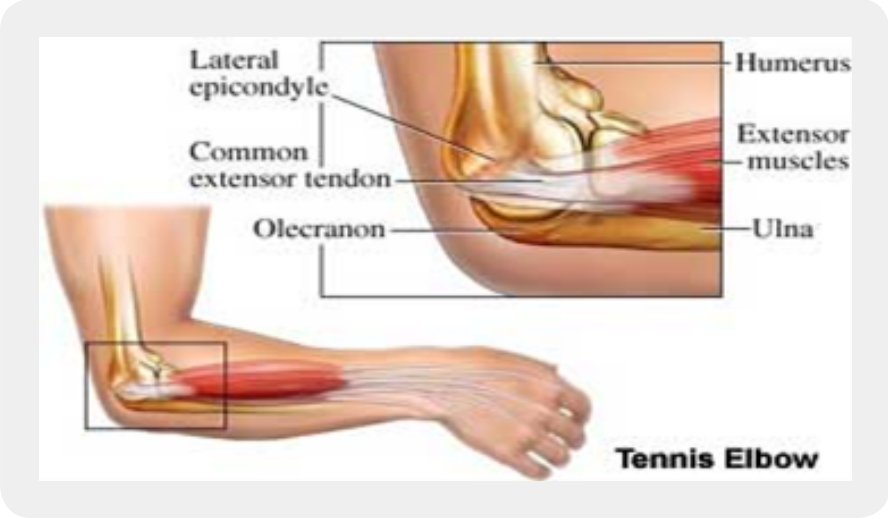

Figure 1: *Tennis elbow injury*

The injury has become a reality and a fixture for players The player may be injured several times [6].

Osama Riyad points out that the proportion of injury among athletes increases as the intensity and spread of sports competitions., Where sport practice puts pressure on the joints,Joint capsule interstitial, muscle tendons, muscles and vertebrae, which may cause injury [7].

Freddie & Davidstone (1994) note that athletes must be taken care of and try to prevent them from getting injured because the risk of injury affects not only the health of the player, but may also reach the level of sport when returning to the stadium after treatment [8].

Freddie & Davidstone (2001) also note that tennis is by far the most popular in all racquet sports, especially in the United States, where more than 20 million people participate in tennis at least once a year in the United States and over 5 million person who practices tennis at least twice a month, where the number of US tennis players reached 530000 until 1999 who play tennis competitively [9].

And through the fact that the researcher was a former tennis player Mansoura Sports Stadium and through his work as a tennis instructor at the club of flowers and sports in Cairo and some international schools and tourist villages in Hurghada and also through his work as a rehabilitation and physiotherapy specialist Ain Shams Specialist Hospital and some rehabilitation and other physiotherapy centers found that despite the fact that Tennis is an individual game and not a friction game between the competitors, but it has a lot of injuries and identify the causes of these injuries and methods of prevention, which works to reduce the incidence of these injuries, especially for players of higher levels, provides the player and the State a lot of burdens Resulting from the occurrence of such injuries and the study of international players helps us to identify the real causes of these injuries and methods of prevention. It is also through readings of the researcher and his readings of the studies related to the previous reference to this study that all previous studies have been applied to local samples Or specific nationalities, And this study has been applied to international samples including various nationalities through some international tournaments of tennis Whether these are Arab or foreign nationalities Which leads to the abundance and accuracy of information and achieve the objectives of the study in question.

Research Importance

1- The research is applied to the high-level players participating in international tennis competitions and this helps in obtaining some information that helps us to identify the types of injuries and the reasons for their spread and find appropriate solutions to avoid the occurrence of such injuries and reduce the spread it In tennis.

2- Application of research to different nationalities given diversity and abundance of information And to transfer the experience of others in how to deal with injury And causes of infection and how to prevent them.

3- To inform the players of the highest levels in our Arab societies how to reduce and prevent these injuries by detecting the main causes of the infection and how to deal with them, which saves the player and the state a lot of the burden resulting from such injuries.

4- To identify the real causes of these injuries and ways of preventing them at the international level.

Research Goals

1- Recognition of sports injuries among high-level players participating in international tennis (Arab and foreign) competitions. And their degrees and places of occurrence in tennis.

2- Identify the causes of sports injuries among high-level players participating in international tennis competitions (Arabs and foreigners).

3- Comparison of high level players participating in international tournaments of (Arab and foreign) tennis in The quality of the injuries and their causes.

Search Questions

1- What are the injuries to the high level players Arabs and foreigners participating in international tournaments of tennis And what their degrees, places and times of occurrence?

2- What are the causes of injury among high-level players participating in international tennis tournaments?

3- What is the difference between the Arab players and foreign players of the highest levels participating in international tennis competitions in sports injuries, type and causes.

Methods

Search Procedures

Research Methodology

The descriptive approach was chosen to suit the nature and purpose of the study.

Research Community

High-level players participating in international tennis competitions.

Research Fields

Human Field

High-level players participating in international tennis competitions.

Time Domain

The study was conducted from 23/3/2009 to 29/6/2009.

Geographical Area

The multiplicity of this area in view of the diversity of tournaments and has included the Future Future International Dream Land Club in the 6th of October, Baly Mira in Ain Sokhna, Sporting Club in Alexandria, and the Championship Ismash International Academy Academy in Cairo.

The Sample

The research sample was chosen in a deliberate manner and included: (126) players of high level players participating in international tournaments of tennis of different nationalities Arab and foreign.

The Following Table Shows the Distribution of the Research Sample

Table 1: *Distribution of the research sample*

The total international sample	(126) players
The Arab sample	(72) player
Foreign sample	(54) player

Survey Study

From 20/3/2008 to 27/5/2008, the researcher conducted a comprehensive survey of Arabic and foreign studies in this field to identify the common injuries in tennis and the ways of prevention to find out what new additions can be made to this field.

Problems Faced by the Researcher During the Research Study

- The high cost of scientific research.

Data Collection Tools

The Researcher Relied on the Collection of his Study Data on the Following

- The researcher designed a questionnaire to collect data for each of the high-level players participating in international tennis competitions after translating into three languages other than Arabic. (English, French, German). However, it was found that the dominant language in these tournaments was English. All the forms were dealt with on the western nationalities. The Arab nationalities were dealt with in the Arabic language forms.

- Interview of high-level players during international tennis tournaments.

- Personal observation of the researcher through his presence and his presence with the players in international tennis competitions.

Design Data Collection Form

The researcher designed a survey questionnaire to collect data in Arabic and English, to be answered by high-level players participating in international tournaments.

-***Axis of Injury:*** This axis consists of 13 questions about injuries, types, degrees, places of occurrence, frequency and frequency of occurrence.

- The Axis of the Causes of Injuries and Includes the Following

Axis of Health: This section consists of 31 questions about the state of health and first aid and physiological

tests before the competition and after completion of rehabilitation after injury and before returning to the stadium, periodic medical examinations and the impact of all this on the incidence of injuries.

Prevention Axis: This theme consists of 17 questions about the means of prevention and the floor of the stadiums and their maintenance and the extent of their impact on preventing or reducing the injuries of and whether there are any other obstacles that can lead to infection.

Training Axis :This Axis consists of 27 questions about the trainer, the training program, the rest periods, the training dose, the compliance with the rules and rules of the game, the number of matches, the method of the player's return to training after injury and the impact of each on injury.

Application of Data Collection Form

The data collection form has been applied to high-level players participating in international tournaments in four international tournaments organized by the Arab Republic of Egypt on 6 October, at the Esmash Academy in Cairo, Baley Mira in Ain Sukhna, Sporting Club in Alexandria from 23/3/2009 to 29 / 6/2009.

Statistical Processes

The Researcher Used the Following Statistical Methods

- Frequency.
- percentage.
- arithmetic mean.
- chi-squared.

Results

A - Results of the first hypothesis of the axis of injuries to international players.

B - Results of the third hypothesis of comparing Arab and foreign players in the axis of injuries.

Table 2: *Frequency and percentage Types of injuries to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Types of injuries									
		wound	Bleeding	fractures	Suggillation	Dislocation	Myorrhexis	inflammation	Sprained	Spasm muscle	herniated disc
International players N=126	Frequency	14	0	12	2	2	44	28	28	36	6
	%	11.111	0.000	9.524	1.587	1.587	34.921	22.222	22.222	28.571	4.762
Arab Players N=72	Frequency	12	0	8	0	2	30	14	28	28	4
	%	16.667	0.00	11.111	0.000	2.778	41.667	19.444	38.889	38.889	5.556
Foreign players N= 54	Frequency	2	0	4	2		14	14		8	2
	%	3.704	0.00	7.407	3.704		25.926	25.926		14.815	3.704

It is clear of table (2) of the frequency and percentage Types of injuries to international players (Arabs and foreigners) in tennis sport shows that:

The highest rate of injury for international players is muscle tear at 34.921% followed by Spasm muscle of 28.571% followed by inflammation and sprains, with 22.222% per cent. The average injury rates for international players are wound With 11.111%, followed by fractures 9.524 and the lowest injury rates for international players Is the a herniated disc by 4.762 followed by Suggillation and dislocation, with a ratio of 1.587%.

It is also clear from the comparison of Arab and foreign players, the high rate of injuries among Arab players, where the rate of Myorrhexis 41,677%, Against 25,926% for foreign players, Sprained 38.889% against nothing for foreign players, And Spasm muscle 38.889% vs 14.815% for foreign players, The wounds amounted to 16.667% against 3.704% for foreign players, While the percentage of fractures 11.111% for Arabs versus 7.407% for foreign players , herniated disc 5.556% for the Arabs versus 3.704% , While infection of foreigners increases in inflammation About the Arabs By 25.926% compared to 19.444% for the Arab players.

Table 3: *Frequency and percentage To the Degree of injury Which is presented to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Degree of injury		
		Simple	Medium	Severe
International players N=126	Frequency	42	60	28
	%	33.333	47.619	22.222
Arab Players N=72	Frequency	12	42	20
	%	16.667	58.333	27.778
Foreign players N=54	Frequency	30	18	8
	%	55.556	33.333	14.815

It is clear Of Table (3) of the frequency and percentage of injury to international players (Arabs and foreigners) in tennis sport that:

The highest scores for international players are the intermediate score of 47.619% followed by the minor score of 33,333% and the lowest rates of injury are the highest of 22,222%.

A comparison of Arab and foreign players shows that the highest score among Arab players is the Medium Degree of 58.333% against 33.333% for foreign players followed by the Severe Degree by 27.778% against 14.815% for foreign players followed by Simple Degree by 16.667% while the rate of injury in foreign players in the Simple Degree was 55.556% compared to 16.667% For Arab players.

Table 4: *Frequency and percentage To the places of injury experienced by international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Any places of your body parts you been Injured?			
		Joints	Bones	Muscle	ligaments
International players N= 126	Frequency	50	24	58	42
	%	39.683	19.048	46.032	33.333
Arab Players N=72	Frequency	40	16	32	28
	%	55.556	22.222	44.444	38.889
Foreign players N=54	Frequency	10	8	26	14
	%	18.519	14.875	48.148	25.926

Table (4) for frequency and percentage of injury places experienced by international (Arab and foreign) players in tennis sport shows that

The highest percentages of injury places for international players are muscles with 46.032% followed by joints with 39.683% followed by ligaments with 33.333% and lowest ratios In the places of injuries are bone by 19,048%.

It is also clear from the comparison of Arab and foreign players that the most affected places in the Arab players are joints 55.556 followed by ligaments 38.889 followed by bone by 14.875, respectively. While foreign players had 48.148 muscles. They had ligaments at 25.926 followed by joints with 18.519 followed by bones at 14.875 respectively.

Table 5: *Frequency and percentage of joints injured by international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Joints that have been injured													
		Cervical vertebrae	Lumbar vertebrae	Right shoulder joint	Left shoulder joint	Right elbow joint	Left elbow joint	Right wrist joint	Left wrist joint	Right thigh joint	Left thigh joint	Right knee joint	Left knee joint	Right ankle joint	Left ankle joint
International players N= 126	Frequency	2	12	19	6	12	6	48	12	4	8	16	7	30	19
	%	1.587	9.524	15.079	4.762	9.524	4.762	38.095	9.524	3.175	6.349	12.698	5.556	23.810	15.079
Arab Players N= 72	Frequency		6	8	2	4	4	25	7	2	2	9	6	17	10
	%		8.333	11.111	2.778	5.556	5.556	34.722	9.722	2.778	2.778	12.500	8.333	23.611	13.889
Foreign players N= 54	Frequency	2	6	11	4	8	2	23	5	2	6	7	1	13	9
	%	3.704	11.111	20.370	7.407	14.815	3.704	42.593	9.259	3.704	11.111	12.963	1.852	24.074	16.667

Table 5 shows the frequency and percentage Of the joints that have been injured International (Arab and foreign) players in tennis sport have:

The highest percentage of joint injuries to international players is the right wrist joint at 38.95% followed by the right ankle joint at 23.810% followed by the left ankle joint and the right shoulder joint where the ratio was 15.079% and the right knee followed by 12.698% . The joint injuries to the international players are the joints of the lumbar spine and the right elbow joint, with 9.524% followed by the left hip joint at 6.349%. The lowest injury rates for the international players are the left shoulder joint and the left elbow joint, with a ratio of 4.762% followed by the right thigh joint By 3.175% followed by cervical vertebrae by 1.587%.

It is also clear from the comparison of Arab and foreign players that the percentage of injuries among Arab players is higher than that of foreign players in the injury of the left knee joint, left elbow joint.

It is also evident from the comparison of Arab and foreign international players that the rate of injury to foreigners is higher than that of Arab players in the injury of the right wrist joint, the right ankle joint, the right shoulder joint, the left ankle joint, the right elbow joint, Lumbar vertebra joints, left thigh, left shoulder joint, right thigh joint and cervical vertebra joints. While approached of injuries between Arab and foreign players in the injury in the right knee joint, left wrist joint.

Table 6: *frequency and percentage The ligaments that have been injured by international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Ligaments that have been specifically injuryed					
		Shoulder joint ligaments	elbow joints ligaments	Wrist joint ligaments	Thigh joint ligaments	Knee joint ligaments	Ankle joint ligaments
International players N= 126	Frequency	26	8	28	1	16	26
	%	20.635	6.349	22.222	0.794	12.698	20.635
Arab Players N=72	Frequency	15	6	21		11	19
	%	20.833	8.333	29.167		15.278	26.389
Foreign players N= 54	Frequency	11	2	7	1	5	7
	%	20.370	3.704	12.963	1.852	9.259	12.963

Table (6) shows the frequency and percentage The ligaments that have been injured by international players (Arabs and foreigners) in tennis sport:

The highest incidence of ligament injuries in the international players is the 22.222% wrist joint, followed by the shoulder and ankle ligaments, with 20.635% and knee joints at 12.698%. The lowest incidence of ligament injuries for international players is the elbow joint ligament at 6.349% followed by ligaments The hip joint is 0.794%.

It is clear from the comparison of Arab and foreign players that the percentage of injuries among Arab players is higher than that of foreign players in the injury of the joints of the wrist joint, the joints of the ankle joint, the joints of the shoulder joint, the joints of the knee joint, the ligaments of the elbow joint. As approached Injury rates among Arab and foreign players in the injury of shoulder joint ligaments.

It is also clear from the comparison of Arab and foreign players that the rate of injury to foreign players is higher than that of Arab players in the injury of the hip joint ligaments.

Table 7: *Frequency and percentage of bone injury to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Bones that have been injuryed										
		Skull bones	Bone of cervical vertebrae	Bone of Lumbar vertebrae	Ribs of rib cage	Sternum	Bone of the humerus	Bone of forearm	Bones of metacarpals	Bone of Femur	Bone of Leg	Bone of metatarsal
International players N= 126	Frequency	0	4	12	0	0	6	6	14	4	4	8
	%	0.000	3.175	9.524	0.000	0.000	4.762	4.762	11.111	3.175	3.175	6.349
Arab Players N=72	Frequency	0	2	11	0	0		6	6	2	4	6
	%	0.000	2.778	15.278	0.000	0.000		8.333	8.333	2.778	5.556	8.333
Foreign players N=54	Frequency	0	2	1	0	0	6		8	2		2
	%	0.000	3.704	1.852	0.000	0.000	11.111		14.815	3.704		3.704

Table (7) on frequency and percentage of bone injury to international (Arab and foreign) players in tennis sport shows that:

The highest rates of bone injuries for the international players are the bones of the metacarpals. by 11.111% followed by the lumbar vertebrae by 9.524 % followed by the bones of the metatarsal by 6.349%. The table also shows that the lowest rates of bone injuries for the international players are the bones of the humerus and forearm, with a ratio of 4.762% followed by Cervical vertebrae, femoral and Leg bones by 3.175% The table also shows Absence of injury rates in the bones of the skull, sternum and rib cage.

It is also clear from the comparison of Arab and foreign players that the rate of injury among Arab players is higher than for foreign players in the injury of the bones of the lumbar vertebrae, forearm bones, leg bones, metatarsal. It is also clear from the comparison of Arab and foreign players that the rate of injury to foreign players is higher than that of Arab players in the injury of the metacarpals, humerus, the bones of cervical vertebrae, femoral bones.

Table 8: *frequency and percentage of muscles injured by international (Arab and foreign) athletes in tennis sport*

players	Statistical Significance	The muscles that have been specifically Injuried											
		muscles posterior the neck	the anterior chest muscles	muscles of the upper back	lower back muscles	abdominal muscles	anterior biceps muscle	posterior muscles of humerus	forearm muscles	anterior thigh muscles	posterior thigh muscles	muscles behind the leg	Achilles tendon
International players N= 126	Frequency	6	12	10	34	15	14	16	12	26	31	16	10
	النسبة %	4.762	9.524	7.937	26.984	11.905	11.111	12.698	9.524	20.635	24.603	12.698	7.937
Arab Players N= 72	Frequency	6	6	8	18	10	6	10	11	17	27	8	5
	%	8.333	8.333	11.111	25.000	13.889	8.333	13.889	15.278	23.611	37.500	11.111	6.944
Foreign players N= 54	Frequency		6	2	16	5	8	6	1	9	4	8	5
	%		11.111	3.704	29.630	9.259	14.815	11.111	1.852	16.667	7.407	14.815	9.259

Table 8 shows the frequency and percentage of muscles injured by international (Arab and foreign) athletes in tennis sport:

The highest rates of muscle injury for international players are the lower back muscles by 26.984 followed by the posterior thigh muscles by 24.603% followed by the anterior thigh muscles by 20.635% Followed by the posterior muscles of humerus And muscles behind the leg With 12.698% per cent Followed by anterior biceps muscle of 11.111%

And abdominal muscles by 11.905% Followed by the anterior chest muscles And forearm muscles With a ratio of 9.524% per cent The table also shows the lowest rates of muscle injuries for international players Are the muscles of the upper back And Achilles tendon, with a ratio of 7.937% Followed by the muscles behind the neck by 4.762%.

It is also clear from the comparison of Arab and foreign players that the percentage of injuries among Arab players is higher than that of foreign players in the injury of the hind thigh muscles, front thigh muscles, forearm muscles, back muscles and abdominal muscles, upper back muscles, muscles behind the neck.

It is also clear from the comparison of Arab and foreign players that the rate of injury of foreign players is higher than in the Arab players in the injury of the muscles of the lower back, muscles of the anterior muscles of humerus and muscles behind the leg, the muscles of the front chest, Achilles tendon.

Table 9: *frequency and percentage Times of exposure injury During the (training and competition) of international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Times Exposure Injuries	
		Training	The competition
International players N= 126	Frequency	49	69
	%	38.889	54.762
Arab Players N= 72	Frequency	22	50
	%	30.556	69.444
Foreign players N= 54	Frequency	27	19
	%	50.000	35.185

Table (9) shows the frequency and percentage Times of exposure injury During the (training and competition) of international players (Arabs and foreigners) in tennis sport:

The highest exposure times of international players injury during the competition were 54.762%. The lowest exposure times among international players injury is 38.889% during training.

It is also clear from the comparison of Arab and foreign players that the highest percentage of exposure times among Arab players injury during the competition was 69.444% and foreign players recorded the highest rates of exposure injury during the training by 50.000%.

Table 10: *frequency and percentage of preparation stages in which the injury occurred to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Stages of preparation		
		General physical preparation	Physical preparation The private	Competitive preparation
International players N= 126	Frequency	66	26	26
	%	52.381	20.635	20.635
Arab Players N=72	Frequency	44	18	18
	%	61.111	25.000	25.000
Foreign players N= 54	Frequency	22	8	8
	%	40.741	14.815	14.815

Table 10 shows the frequency and percentage of preparation stages in which the injury occurred to international players (Arabs and foreigners) in tennis sport:

The highest rates of injury to international players are the general physical preparation (52.381) followed by the special physical preparation phase And the competitive preparation of the competition, where the percentage in each of 20,635.

It is also clear from the comparison of Arab and foreign players, the high rate of exposure of Arab players to injury during the stages of general physical preparation by 61.111 compared to 40,741 for foreign players followed by private physical Preparation And the competitive preparation of competition With a ratio of 25,000 to 40,741 for general physical preparation, 14,815 for private physical preparation And the skillful preparation of competition for foreign players.

Table 11: *frequency and percentage of timing of injury in competition for international (Arab and foreign) players in tennis Sport*

players	Statistical Significance	Competition time		
		The beginning of the competition	Mid-competition	End of competition
International players N= 126	Frequency	32	45	39
	%	25.397	39.474	30.952
Arab Players N= 72	Frequency	11	31	21
	%	15.278	43.056	29.167
Foreign players N= 54	Frequency	21	14	18
	%	38.889	33.333	33.333

Table (11) of frequency and percentage of timing of injury in competition for international (Arab and foreign) players in tennis sport shows that:

The highest rate of injury time during international competition is the middle of the competition at 39.474 followed by the end of the competition by 30.952 and the lowest percentage of the timing of injury during the competition of international players is the beginning of the competition by 25,397.

It is also clear from the comparison of Arab and foreign players that the timing of injury during the competition is high When the Arab players in the middle of the competition by 43.056. While the timing of injury to foreign players at the beginning of the competition increased by 38.889 followed by the middle of the competition and the end of the competition, with a ratio of 33.333.

Table 12: *frequency and percentage Exposure times injury For international (Arab and foreign) players in tennis sport*

players	Statistical Significance	How many times have you been Injuried?					
		Once	Twice	three times	four times	five times	More than five times
International players N= 126	Frequency	48	24	22	6	20	3
	%	38.095	19.048	17.460	4.762	15.873	2.381
Arab Players N= 72	Frequency	27	21	8	4	3	2
	%	37.500	29.167	11.111	5.556	4.167	2.778
Foreign players N= 54	Frequency	21	3	14	2	17	1
	%	38.889	5.556	25.926	3.704	31.481	1.852

Table 12 shows the frequency and percentage Exposure times injury For international (Arab and foreign) players in tennis sport:

The highest rate of exposure to international players injury is once 38.095 followed by twice by 19.048% followed by three times by 17.460% followed by five times by 15.873%. The lowest ratios of international players are four times by 4.762% followed by more than five times by 2.381%.

It is also clear from the comparison of Arab and foreign players that the number of times the number of Arab players injury was hit was 29.167%, compared to 5.566% for foreign players, followed by four times by 5.566% against 3.704% for foreign players, followed by more than five times by 2.778% versus 1.852% for foreign players. The number of foreign players has increased by 38.889 against 37.500% for Arab players, followed by five times by 31.481% compared to 4.167% for Arab players, followed by three times by 25.926% versus 11.111% for Arab players.

Table 13: *frequency and percentage of time between injury and subsequent injury to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Time period between injuries						
		Month	two months	Three months	four months	less than one year	Year	More than a year
International players N= 126	Frequency	29	11	25	13	14	12	24
	%	23.016	8.730	19.841	10.317	11.111	9.524	19.048

Arab Players N= 72	Frequency	9	9	9	11	12	8	16
	%	12.500	12.500	12.500	15.278	16.667	11.111	22.222
Foreign players N= 54	Frequency	20	2	16	2	2	4	8
	%	37.037	3.704	29.630	3.704	3.704	7.407	14.815

Table 13 shows the frequency and percentage of time between injury and subsequent injury to international players (Arabs and foreigners) in tennis sport:

The highest ratio of time between injury and injury followed by international players is a month of 23.016% followed by three months by 19.841% followed by more than 19.048% years followed by less than 11.111% years followed by four months by 10.317%. The lowest ratio between injury and injury followed by international players is the age of 9.524% followed by two months at 8.730%.

It is also clear from the comparison between Arab and foreign players that the percentage of time between injury and injury among Arab players was 22.222% compared to 14.815% for foreign players followed by less than 16.667% for foreign players, 3.704% for foreign players followed by four months by 15.278% against 3.704% for foreign players followed by two months By 12.500% against 3.704% for foreign players and then by 11.111% against 7.407 for foreign players. The percentage of time between injury and injury followed by foreign players was 37.037% for 12,500% Arab players followed by three months by 29.630% compared to 12.500% for Arab players.

Table 14: *frequency and percentage of international players (Arab and foreign) exposure to injury depending on the type of competition in tennis sport*

players	Statistical Significance	Type of Competition	
		Individually	Duplication
International players N= 126	Frequency	88	5
	%	69.841	3.968
Arab Players N= 72	Frequency	69	4
	%	95.833	5.556
Foreign players N= 54	Frequency	19	1
	%	35.185	1.852

Table 14 shows the frequency and percentage of international players (Arab and foreign) exposure to injury depending on the type of competition in tennis sport:

The highest exposure rates for international players injury are Individual 69.841%. The lowest injury rates depending on the type of competition for international players is the Duplication by 3.968%.

It is also clear from the comparison of Arab and foreign players that the increase in exposure rates in individual competitions by 95.833% compared to 35.185% for foreign players followed by Duplication by 5.566% compared to 1.852% for foreign players.

- Results of the second hypothesis on the causes of injuries in international players (health - preventive - training).

- Results of the third hypothesis of the comparison between Arab and foreign players in the causes of injuries.

The responses of international players to the phrases of the axis of health reasons

Table 15: *Frequency, Percentage and Statistical Significance of the Responses of International Players (Arabs and Foreigners) to the Terms of the Questionnaire on the Axis (Health Status) N=126*

N	Phrases	Yes		Sometimes		No		Square Ka	arithmetic mean	Approval rate %
		Frequency	%	Frequency	%	Frequency	%			
1	Do Non perform First aid and natural remedies immediately after injury during training or competition was a reason to delay your recovery from that injury?	63	50.00	24	19.05	39	30.95	*18.43	1.19	59.50
2	Do Non perform psychological tests Before the competition was the cause of the injury?	28	22.22	14	11.11	84	66.67	*65.33	0.56	28.00
3	Do Non perform physiological test before entering the competition was the caused the injury?	22	17.46	25	19.84	79	62.70	*49.00	0.55	27.50
4	Do Non perform the presence of a doctor or specialist injuries during the training resulted in doubling the injury?	50	39.68	27	21.43	49	38.89	*8.05	1.01	50.50
5	Do Non perform the medical tests after recovery from the injury and before returning to training again caused the recurrence of this injury?	62	49.21	33	26.19	31	24.60	*14.33	1.25	62.50
6	Was there cooperation between your trainer and the doctor during the treatment period?	73	57.94	24	19.05	29	23.02	*34.62	1.35	67.50
7	Have you been following the doctor's instructions regarding comfort and effort during the injury period?	78	61.90	22	17.46	26	20.63	*46.48	1.41	70.50
8	do Has recorded This injury in the Private Injuries record ?	45	35.71	8	6.35	73	57.94	*50.62	0.78	39.00
9	Have you had a comprehensive pre-season medical examination?	42	33.33	16	12.70	68	53.97	*32.19	0.79	39.50
10	Is the tendency to Speed of emotion during competition was caused injury?	36	28.57	31	24.60	59	46.83	*10.62	0.82	41.00
11	Do desire Standing To win And excellence In the tournament Was the cause of the injury?	38	30.16	31	24.60	57	45.24	*8.62	0.85	42.50
12	Do Non Take into consideration temperature at the place of training or competition was the cause of the injury?	34	26.98	23	18.25	69	54.76	*27.48	0.72	36.00
13	Do Non Take into consideration The abnormal Health status During training or competition was the cause of the injury?	35	27.78	28	22.22	63	50.00	*16.33	0.78	39.00

14	Do Non Commitment to the Number Enough for hours of sleep was the cause of injury?	28	22.22	19	15.08	79	62.70	*49.86	0.60	30.00
15	Do Excessive In eating before training or competition was the cause of injury?	19	15.08	20	15.87	87	69.05	*72.33	0.46	23.00
16	Do Exaggeration In taking fluids before training or competition was the cause of injury?	13	10.32	21	16.67	92	73.02	*90.05	0.37	18.50
17	Do Non Commitment to Medical examinations caused the injury?	28	22.22	30	23.81	68	53.97	*24.19	0.68	34.00
18	Do Abuse Steroids In Different its image Was the cause of the injury?	28	22.22	19	15.08	79	62.70	*49.86	0.60	30.00
19	Do you Existence Psychological stress Prior to training or competition was the cause of the injury?	33	26.19	26	20.63	67	53.17	*22.91	0.73	36.50
20	Do Palaces In your diet was the cause of this injury?	36	28.57	22	17.46	68	53.97	*26.48	0.75	37.50
21	Do Available Primary Medical Service Easily during training?	32	25.40	26	20.63	68	53.97	*24.57	0.71	35.50
22	Do Non Availability Data on previous injuries In the health registry was the reason for the recurrence of injury ?	35	27.78	23	18.25	68	53.97	*25.86	0.74	37.00
23	Is bad Health status is it you that caused the injury?	42	33.33	21	16.67	63	50.00	*21.00	0.83	41.50
24	Do was there first aid bag Near the court during the injury?	62	49.21	14	11.11	50	39.68	*29.71	1.10	55.00
25	Do Availability Ice user In first aid operations When injury occurs?	72	57.14	24	19.05	30	23.81	*32.57	1.33	66.50
26	Do The club Provides Health center For training and treatment of injury?	50	39.68	22	17.46	54	42.86	*14.48	0.97	48.50
27	Do it causes Palaces In one of the axes of medical services in the occurrence of this injury to you and delay healing? ؟	37	29.37	20	15.87	69	54.76	*29.48	0.75	37.50
28	Do Non Use massage Sports for you was caused the injury?	47	37.30	43	34.13	36	28.57	1.48	1.09	54.50
29	Do Effectiv This injury Still going on and hinder your skillful performance?	21	16.67	35	27.78	70	55.56	*30.33	0.61	30.50
30	Do you Fitness has been tested for you To ensure recovery Of that injury and before allowing you to practice sport again?	66	52.38	25	19.84	35	27.78	*21.76	1.25	62.50
31	Do Done Medical Examination to you To ensure recovery From injury before allowing you to practice sport again?	72	57.14	19	15.08	35	27.78	*35.19	1.29	64.50

*A significant kai Square at the level of 0.05 = 5.99

Table (15) shows that there are statistically significant differences in the phrase (1) in favor of yes by 50.00 followed by not With a ratio of 30.95 followed by sometimes by 19.09 where the value of square Ka 18.43 which is a statistical function.It is also clear that there are differences of statistical significance in the phrase (2) in favor of Not. 66.67 followed by yes Followed by 22.22 Sometimes at 11.11 where the value of square Ka 65.33 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (3) in favor of Not. 62.70 percent Followed by Sometimes by 19.84 Followed by Yes By 17.46 as the value of the square Ka is 49.00, which is a statistical function. It is also clear that there are differences of statistical significance in the phrase (4) in favor of yes by 39.64 Followed by not 38.89% Sometimes followed by By 21.43 The value of square Ka is 8.05 and is statistically significant. It is also clear that there

are differences of statistical significance in the phrase (5) in favor of yes 49.21% Sometimes followed by By 26.19 followed by not By 24.60 where the value of square Ka 14.33 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (6) in favor of yes 57.94 percent Followed by not 23.02 Sometimes followed by By 19.05 where the value of square Ka 34.62 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (7) in favor of yes At 61.90 followed by not By 20.63 Sometimes followed by By 17.46 where the value of square Ka 46.48 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (8) in favor of Not. 57.94 followed by Yes By 35.71 Sometimes followed by By 6.35 where the value of square Ka 50.62 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (9) in favor of Not. 53.97 followed by Yes 33.33% Sometimes followed by By 12.70 where the value of square Ka 32.19 is a statistical function It is also evident that there are differences of statistical significance in the phrase (10) in favor of Yes By 28.57 followed by not At 46.83, sometimes followed by 24.60 where the value of square Ka 10.62, which is a statistical function. It is clear from the follow-up of Table (15) that there are differences of statistical significance in the words (11) in favor of Not` 45.25% Followed by Yes By 30.16 Sometimes followed by By 24.60 where the value of square Ka 8.62 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (12) in favor of Not. 54.76 percent Followed by Yes By 26.98 Sometimes followed by At 18.25 where the value of square Ka is 27.48 and is statistically significant. It is also evident that there are differences of statistical significance in the phrase (13) in favor of Not. At 50.00 followed by yes At 27.78 Sometimes followed by At 22.22 where the value of square Ka 16.33 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (14) in favor of Not. 62.70 percent Followed by Yes 22.22 Sometimes followed by At 15.08 where the value of square Ka is 49.86, which is statistically significant. It is also evident that there are differences of statistical significance in the phrase (15) in favor of Not. By 69.05 Sometimes followed by By 15.87 Followed by Yes At 15.08 where the value of Ka 2 72.33 is statistically significant. It is also clear that there are differences of statistical significance in the phrase (16) in favor of Not. 73.02% Sometimes followed by 16.67 Followed by Yes At 10.32 where the value of square Ka 90.05 is statistically significant. It is also evident that there are differences of statistical significance in the phrase (17) in favor of Not. 53.97 Sometimes followed by 23.81 percent Followed by Yes By 22.22 where the value of square Ka is 24.19 which is statistically significant. It is also evident that there are differences of statistical significance in the phrase (18) in favor of Not. 62.70 percent Followed by Yes 22.22 Sometimes followed by By 15.08 where the value of Ka 2 49.86 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (19) in favor of Not. 53.17 Followed by Yes By 26.19% Sometimes followed by By 20.63 where the value of Ka 2 22.91 is statistically significant. It is also evident that there are differences of statistical significance in the words (20) in favor of Not. 53.97 Followed by Yes At 28.57 Sometimes followed by With a value of 17.46 where the value of square Ka 26.48 is a statistical function. It is clear from the follow-up to Table (15) that there are differences of statistical significance in the words (21) in favor of Not 35.97% Followed by Yes By 25.40 Sometimes followed by By 20.63 where the value of square Ka 24.57 is a statistical function. It is also clear that there are differences of statistical significance in the words (22)in favor of Not 53.97 Followed by Yes At 27.78 Sometimes followed by By 18.25 where the value of square Ka 25.86 is statistically significant. It is also clear that there are differences of statistical significance in the words (23) in favor of Not By 50.00 Followed by Yes 33.33% Sometimes followed by At 16.67 where the value of square Ka is 21.00, which is a statistical function. It is also clear that there are differences of statistical significance in the phrase (24) in favor of Yes 49.21% Followed by not By 39.68 Sometimes followed by By 11.11 where the value of square Ka

29.71 is statistically significant. It is also evident that there are differences of statistical significance in the words (25) in favor of Yes 57.14% Followed by not 23.81 percent Sometimes followed by By 19.05 where the value of square Ka 32.57 is statistically significant. It is also clear that there are differences of statistical significance in the words (26)in favor of Not By 42.86 Followed by Yes By 39.68 Sometimes followed by 19.46 where the value of square Ka is 14.48 and is statistically significant. It is also clear that there are differences of statistical significance in the phrase (27)in favor of Not 54.76 percent Sometimes followed by By 15.87 Followed by Yes By 29.37 where the value of square Ka 29.48 is statistically significant. It is clear from the follow-up to Table (15) that there are differences of statistical significance in the phrase (29) in favor of Not 55.56 Sometimes followed by At 27.78 Followed by Yes By 16.67 where the value of square Ka 30.33 which is a statistical function. It is also clear that there are differences of statistical significance in the words (30) in favor of Yes 52.38 Followed by not At 27.78 Sometimes followed by By 19.84 where the value of square Ka 21.76 is a statistical function. It is also evident that there are differences of statistical significance in the words (31) in favor of Yes 57.14% Followed by not At 27.78 Sometimes followed by By 15.08 where the value of square Ka 35.19 is a statistical function.

The responses of international players to the phrases of the axis of health reasons

Table 16: *Differences between the international players Arabs and foreigners in the approval rate of the terms of the axis (health reasons)*

N	Phrase content	Percentage of approval		Square Ka
		Arab Players	Foreign players	
1	Do Non perform First aid and natural remedies immediately after injury during training or competition was a reason to delay your recovery from that injury?	57.64	62.04	0.16
2	Do Non perform psychological tests Before the competition was the cause of the injury?	31.94	22.22	1.74
3	Do Non perform physiological test before entering the competition was the caused the injury?	31.25	22.22	1.52
4	Do Non perform the presence of a doctor or specialist injuries during the training resulted in doubling the injury?	50.69	50.00	0.00
5	Do Non perform the medical tests after recovery from the injury and before returning to training again caused the recurrence of this injury?	56.94	69.44	1.24
6	Was there cooperation between your trainer and the doctor during the treatment period?	61.11	75.93	1.60
7	Have you been following the doctor's instructions regarding comfort and effort during the injury period?	78.47	60.19	2.41
8	do Has recorded This injury in the Private Injuries record ?	44.44	31.48	2.21
9	Have you had a comprehensive pre-season medical examination?	29.17	53.70	7.26

10	Is the tendency to Speed of emotion during competition was caused injury?	47.92	31.48	3.40
11	Do desire Standing To win And excellence In the tournament Was the cause of the injury?	56.25	24.07	12.89
12	Do Non Take into consideration temperature at the place of training or competition was the cause of the injury?	31.25	42.59	1.74
13	Do Non Take into considerationThe abnormal Health status During training or competition was the cause of the injury?	41.67	35.19	0.55
14	Do Non Commitment to the Number Enough for hours of sleep was the cause of injury?	31.25	27.78	0.20
15	Do Excessive In eating before training or competition was the cause of injury?	21.53	25.00	0.26
16	Do Exaggeration In taking fluids before training or competition was the cause of injury?	6.94	34.26	18.12
17	Do Non Commitment to Medical examinations caused the injury?	42.36	23.15	5.63
18	Do Abuse Steroids In Different its image Was the cause of the injury?	19.44	43.52	9.21
19	Do you Existence Psychological stress Prior to training or competition was the cause of the injury?	30.56	44.44	2.57
20	Do Palaces In your diet was the cause of this injury?	31.94	44.44	2.05
21	Do Available Primary Medical Service Easily during training?	34.72	37.04	0.08
22	Do Non Availability Data on previous injuries In the health registry was the reason for the recurrence of injury ?	41.67	30.56	1.71
23	Is bad Health status is it you that caused the injury?	34.03	51.85	3.70
24	Do was there first aid bag Near the court during the injury?	47.92	63.89	2.28
25	Do Availability Ice user In first aid operations When injury occurs?	75.00	55.56	2.89
26	Do The club Provides Health center For training and treatment of injury?	44.44	53.70	0.87
27	Do it causes Palaces In one of the axes of medical services in the occurrence of this injury to you and delay healing?	39.58	34.26	0.38
28	Do Non Use massage Sports for you was caused the injury?	54.86	53.70	0.01
29	Do Effectiv This injury Still going on and hinder your skillful performance?	31.25	29.63	0.04
30	Do you Fitness has been tested for youTo ensure recovery Of that injury and before allowing you to practice sport again?	65.28	58.33	0.39
31	Do Done Medical Examination to youTo ensure recovery From injury before allowing you to practice sport again?	60.42	70.37	0.76

Ka 2 at 0.05 = 3.84

It is clear from Table (16) that there are statistically significant differences in the phrase (9) in favor of foreign players At 53.70 where the value of square Ka 7.26 is a statistical function. It is also clear that there are significant differences in the phrase (11) in favor of the Arab players At 56.25, where the value of square Ka 12.89, which is statistically significant. It is also evident from the table that there are statistically significant differences in the phrase (16) in favor of foreign players By 34.26 as the value of square Ka 18.12 is a statistical function. It is also evident that there are statistically significant differences in the phrase (17) in favor of the Arab players With a value of 42.36 where the value of square Ka 5.63 is a statistical function. It is also evident that there are significant differences of significance in the phrase (18) in favor of foreign players By 43.52 where the value of square Ka is 9.21 which is a statistical function.

While There is no Differences of statistical significance in the rest of the phrase As it is not statistically significant.

The responses of international players (Arabs and foreigners) to the phrases of the axis of preventive reasons

Table 17: *frequency and percentage of times the player uses injury prevention means for players (international Arabs and foreigners) in tennis sport*

players	Statistical Significance	The player uses the means of prevention in		
		Training	competitions	not used
International players N= 126	Frequency	44	58	37
	%	34.921	46.032	29.365
Arab Players N= 72	Frequency	26	38	22
	%	36.111	52.778	30.556
Foreign players N= 54	Frequency	18	20	15
	%	33.333	37.037	27.778

It is clear Of Table (17) on frequency and percentage of times the player uses injury prevention means for players (international Arabs and foreigners) in tennis sport That:

The highest percentage of player usage times for injury prevention for international players In competition 46.032 Followed by training

By 34.921 And the lowest ratios for player use for injury prevention For international players are not used By 29.365. It is also evident from the comparison of Arab and foreign players High times of player use for injury prevention For Arab players In the competition by 52.778 compared to 37,037 for foreign players Followed by training of 36,111 versus 33,333 for foreign players Then follow them not used By 30.556 compared to 27.778 for foreign players.

Table 18: *frequency and percentage of the most important means and tools for injury prevention for international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	The most important means and tools for injury prevention								
		bands around the hands	bands around Head	Shoe	The shirt worn by the player	Shorts	Type of court	The Rac-quet	the ball	Law of tennis
International players N= 126	Frequency	32	16	47	10	14	50	28	14	8
	%	25.397	12.698	37.302	7.937	11.111	40.323	22.222	11.111	6.349
Arab Players N= 72	Frequency	18	7	31	5	7	30	19	7	4
	%	25.000	9.722	43.056	6.944	9.722	41.667	26.389	9.722	5.556
Foreign players N= 54	Frequency	14	9	16	5	7	20	9	7	4
	%	25.926	16.667	29.630	9.259	12.963	38.462	16.667	12.963	7.407

Table (18) on frequency and percentage of the most important means and tools for injury prevention for international players (Arabs and foreigners) in tennis sport shows that:

The highest percentages of the most important means and tools for injury prevention for international players Is the nature of the court By 40.323 Followed by boot By 37.302 Followed by ligaments around the hands By 25.397 Followed by the racket 22.222.The average proportions of the most important means and tools for injury prevention for international players were 12,698 for head restraints Followed by the ball by 11.111.And the lowest proportion of the most important means and tools to prevent injuries to international players Is the T-shirt worn by the player At 7.937 Followed by the game code by 6.349. It is also clear from the comparison of Arab and foreign players that the percentage of the most important means and tools to prevent injuries to Arab players is increasing Boot By 43,056 against 29,630 for foreign players Followed by the nature of the court 41.667 against 38,462 for foreign players Followed by the racket by 26.389 against 16.667 for foreign players. And approached These proportions are tied around the hands 25,000 for Arabs and 25,926 for foreigners. The most important means and tools for injury prevention for foreign players have also increased Tie around the head By 16.667 against 9.722 for Arab players Followed by shorts and ball With 12.963 vs 9.722 for the Arab players respectively Then the T-shirt Which the player wears at 9.259 against 6.944 for the Arab players Followed by the Law of game 7.407 against 5.566 for the Arab players.

Table 19: *frequency and percentage of internal obstacles that cause injury to international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Internal Constraints Most causing injury			
		Buildings nearby	Seating	stones	Drilling
International players N= 126	Frequency	8	10	24	47
	%	6.349	7.937	19.048	37.302
Arab Players N= 72	Frequency	6	8	21	38
	%	8.333	11.111	29.167	52.778
Foreign players N= 54	Frequency	2	2	3	9
	%	3.704	3.704	5.556	16.667

Table (19) for frequency and percentage of internal obstacles that cause injury to international players (Arabs and foreigners) in tennis sport shows that:

The highest percentages of internal injuries caused the most injury to international players Are drilling By 37.302 Followed by stones 19.048. And the lowest proportion of internal obstacles causing more injury to international players Are the seats At 7.937 Followed by nearby buildings By 6.349. It is also evident from the comparison of Arab and foreign players The highest percentage of internal obstacles causing injury to Arab players In the pits By 25.778 against 16.667 for foreign players Followed by stones By 29.167 against 5.566 for foreign players then Followed by 11.111 versus 3.704 for foreign players Followed by nearby buildings 8.333 vs. 3.704 for foreign players.

Table 20: *frequency and percentage of Special Causes of the stadium to prevent injuries of international players (Arabs and foreigners) in tennis sport*

players	Statistical Significance	Taking into account the following aspects of the court protect against Injuries		
		Playground	Playground equipment	Maintenance of the stadium after each competition
International players N= 126	Frequency	49	32	10
	%	38.889	25.397	7.937
Arab Players N= 72	Frequency	35	22	9
	%	48.611	30.556	12.500
Foreign players N= 54	Frequency	14	10	1
	%	25.926	18.519	1.852

Table (20) on frequency and percentage of Special Causes of the stadium to prevent injuries of international players (Arabs and foreigners) in tennis sport shows that:

Highest levels of interest in the stadiums that prevent injuries to international players Is the court 38.889 Followed by pitch equipment By 25.397.And less attention to the stadiums that prevent injury to international players Is the maintenance of the stadium after each rally At 7.937. It is also clear from the comparison of Arab and foreign players that there is a high level of interest in stadium areas that prevent injury to Arab players On the court 48,611 compared to 25,926 for foreign players Followed by pitch equipment By 30.556 compared to 18.519 for foreign players Followed by pitch maintenance After each rally by 12.500 against 1.852 for foreign players.

Table 21: *frequency and percentage To The court that caused the most international players injury (Arab and foreign) players in tennis sport*

players	Statistical Significance	The court that caused the most injury			
		grass courts	clay courts	Turf courts	Asphalt courts
International players N= 126	Frequency	3	56	14	48
	%	2.381	44.444	11.111	38.095
Arab Players N= 72	Frequency	3	45	2	31
	%	4.167	62.500	2.778	43.056
Foreign players N= 54	Frequency		11	12	17
	%		20.370	22.222	31.481

Table (21) shows the frequency and percentage To The court that caused the most international players injury (Arab and foreign) players in tennis:

The highest pitch ratios that have caused injury to international players Are the clay courts By 44.444 Followed by hard courts 38.095. The average pitch on the court was 11,111 For Artificial Turf courts. And the lowest proportion of the court that has caused the most injury to international players She is the grass courts By 2.381. It is also clear from the comparison of Arab and foreign players, the high pitch rates that caused the most injury to Arab players It is clay courts 62,500 against 20,370 for foreign players Followed by asphalt by 43,056 compared to 31,481 for foreign players Followed by grass courts by 4.167 against nothing for foreign players. And the court of the court which caused the injury of foreign players in Artificial Turf courts increased by 22.222 compared to 2.778 for Arab players.

Table 22: *Frequency, percentage and statistical significance of the responses of international players (Arabs and foreigners) on the phrase of the questionnaire on the axis of preventive reasons N=126*

N	Phrases	Yes		Sometimes		No		Square Ka	arithmetic mean	Approval rate%
		Frequency	%	Frequency	%	Frequency	%			
6	Do you think the game needs means More for prevention Of that injury?	86	68.25	18	14.29	22	17.46	*69.33	1.51	75.50
7	Do you think that The court is influentialy In the occurrence of that injury?	58	46.03	32	25.40	36	28.57	*9.33	1.17	58.50
8	Do not Maintenance and repair of the court periodically was caused the injury?	56	44.44	21	16.67	49	38.89	16.33	1.06	53.00
9	Do you think that the failure of the court to meet the legal conditions was the cause of the injury?	39	30.95	17	13.49	70	55.56	*33.76	0.75	37.50
10	Is the lack of soundness of the training facilities and their health suitability the cause of the injury?	44	34.92	24	19.05	58	46.03	*13.91	0.89	44.50
11	Is the court Which was trained was not similar to the court of competition That's why it happened Those injury?	33	26.19	38	30.16	55	43.65	*6.33	0.83	41.50
12	Are there any barriers to training courts Led to occurrence That injury?	41	32.54	39	30.95	46	36.51	0.62	0.96	48.00
13	Do not Planning the court to clarify its limits and the health of its dimensions During training was a cause That injury?	14	11.11	13	10.32	99	78.57	*116.05	0.33	16.50
14	Do not lighting Enough on the court Were the cause of the occurrence That injury?	24	19.05	16	12.70	86	68.25	*69.91	0.51	25.50
15	Do not Availability of information on injury prevention Is what led to the occurrence That injury?	54	42.86	32	25.40	40	31.75	5.91	1.11	55.50
16	Do Wear Improper clothing for tennis players was a cause That injury?	10	7.94	10	7.94	106	84.13	*146.29	0.24	12.00
17	Do wear The shoe is not suitable for tennis players was caused the injury?	39	30.95	22	17.46	65	51.59	*22.33	0.79	39.50

* A significant kai Square at the level of 0.05 = 5.99

Table (22) shows that there are differences of statistical significance in the phrase (6)in favor of Yes 68.25% Followed by not 17.26% followed by Sometimes By 14.29 Where the value of square Ka 69.33 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (7) Yes By 46.03 Followed by no At 28.57 followed by Sometimes With a value of 25.40, where the value of square Ka 9.33 is a statistical function. It is also evident that there are differences of statistical significance in the words (9) in favor of Not 55.56 Followed by Yes By 30.95 followed by Sometimes 13.49 percent Where the value of square Ka 33.76 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (10) in favor of Not By 46.03 Followed by Yes By 34.92 followed by Sometimes By 19.05 where the value of square Ka 13.91 is a statistical function. It is also clear that there are differences of statistical significance in the words (11) in favor of Not By 34.65 followed by Sometimes By 30.16 Followed by Yes By 26.19 where the value of square Ka 6.33 is a statistical function. It is also evident that there are differences

of statistical significance in the words (13) in favor of Not 78.57 Followed by Yes 11.11% followed by Sometimes At 10.32 where the value of square Ka 116.05 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (14) in favor of Not 68.25% Followed by Yes By 19.05 followed by Sometimes At 12.70 where the value of square Ka 69.91 is a statistical function. It is also evident that there are differences of statistical significance in the words (16) in favor of Not 84.13% Followed by Yes and sometimes By 7.94 as the value of square Ka 146.29 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (17)in favor of Not 51.59 percent Followed by Yes By 30.95 followed by Sometimes By 17.46, where the value of square Ka is 22.33 which is a statistical function.

Table 23: *Differences between international players (Arabs and foreigners) in the percentage of approval of the terms of the axis of preventive reasons*

N	Phrase content	Percentage of approval		Square Ka
		Arab Players	Foreign players	
6	Do you think the game needs means More for prevention of that injury?	77.78	72.22	0.21
7	Do you think that The court is influentialy In the occurrence of that injury?	65.97	49.07	2.48
8	Do not Maintenance and repair of the court periodically was caused the injury?	68.75	31.48	13.86
9	Do you think that the failure of the court to meet the legal conditions was the cause of the injury?	48.61	23.15	9.03
10	Is the lack of soundness of the training facilities and their health suitability the cause of the injury?	48.61	38.89	1.08
11	Is the court Which was trained was not similar to the court of competition That's why it happened Those injury?	41.67	40.74	0.01
12	Are there any barriers to training courts Led to occurrence That injury?	56.94	36.11	4.66
13	Do not Planning the court to clarify its limits and the health of its dimensions During training was a cause That injury?	15.28	17.59	0.16
14	Do not lighting Enough on the court Were the cause of the occurrence That injury?	26.39	24.07	0.11
15	Do not Availability of information on injury prevention Is what led to the occurrence That injury?	54.86	56.48	0.02
16	Do Wear Improper clothing for tennis players was a cause That injury?	11.11	12.96	0.14
17	Do wear The shoe is not suitable for tennis players was caused the injury	41.67	37.04	0.27

Ka 2 at 0.05 = 3.84

Table (23) shows that there are statistically significant differences in the phrase (8) in favor of the Arab players By 68.75 where the value of square Ka 13.86 is a statistical function. It is also evident that there are statistically significant differences in the phrase (9) in favor of the Arab players at 48.61 where the value of square Ka 9.03 is a statistical function. It is also evident that there are statistically significant differences in the phrase (12) in favor of the Arab players With a value of 56.94 where the value of square Ka 4.66 is a statistical function. While there are no statistically significant differences in the other terms as they are not statistically significant.

International Players' Responses to the Focus of Training Reasons

Table 24: *Frequency, percentage and statistical significance of the responses of international players (Arabs and foreigners) on some of the terms of the questionnaire on the axis (training) N=126*

N	Phrases	Yes		Sometimes		No		Square Ka	arithmetic mean	Approval rate%
		Frequency	%	Frequency	%	Frequency	%			
1	Do not Your training According to a specific timetable It was a cause That injury?	40	31.75	41	32.54	45	35.71	0.33	0.96	48.00
2	Do not Take into consideration Your coach The principle of gradual increase in pregnancy Were the cause of the occurrence That injury?	47	37.30	27	21.43	52	41.27	*8.33	0.96	48.00
3	Do not Use the coach Weight Training To prepare you physically was a cause That injury?	35	27.78	35	27.78	56	44.44	*7.00	0.83	41.50
4	Did it happen that injury The result Training of weight training?	22	17.46	20	15.87	82	65.08	*60.07	0.52	26.00
5	Do you It prevents you the coach From training during injury?	50	39.68	27	21.43	49	38.89	*8.05	1.01	50.50
6	Do not Take into consideration Your coach For individual differences Between competitors It was a cause That injury?	25	19.84	17	13.49	84	66.67	*63.76	0.53	26.50
7	Do you arrive Sometimes To excessive stress During training This was a cause That injury?	39	30.95	29	23.02	58	46.03	*10.33	0.85	42.50
8	Do you change the coach Negative impact On your level and It was a cause That injury?	17	13.49	21	16.67	88	69.84	*75.76	0.44	22.00
9	Do not Interest the coach Alarm at once to once Fixes special technical errors With your game It was a cause That injury?	20	15.87	28	22.22	78	61.90	*47.05	0.54	27.00
10	Do not Explain the trainer how to avoid performance Wrong Which may cause the occurrence injury It was a cause That injury?	36	28.57	24	19.05	66	52.38	*22.29	0.76	38.00
11	Do not Determination the coach For quantities And food quality Which you are dealing with It was a cause That injury?	13	10.32	31	24.60	82	65.08	*61.00	0.45	22.50
12	Do not Take into consideration Breaks In the training program And training modules It was a cause That injury?	42	33.33	38	30.16	46	36.51	0.76	0.97	48.50
13	Do not Test the coach to fitness levels is yours continuously It was a cause That injury?	30	23.81	47	37.30	49	38.89	5.19	0.85	42.50
14	Do not Warm up Good During training Or competition Were the cause of the occurrence That injury?	74	58.73	22	17.46	30	23.81	*37.33	1.35	67.50
15	Do drop level Fitness It was a cause That injury?	42	33.33	32	25.40	48	38.10	3.21	0.95	47.50
16	Do not Relevance Training Programs With your capabilities As a player It was a cause That injury?	44	34.92	24	19.05	58	46.03	*13.91	0.89	44.50

17	Do not There are breaks Enough Between training modules Were the cause of the occurrence That injury?	31	24.60	33	26.19	62	49.21	*14.33	0.75	37.50
18	Do shorten Specific time periods Between championships was a cause That injury?	33	26.19	41	32.54	52	41.27	4.33	0.85	42.50
19	Do not Commitment Rules And laws the game It was a causeThat injury?	24	19.05	24	19.05	78	61.90	*46.29	0.57	28.50
20	Do not Compatibility Between muscle strength of the arms And the two men During competition was a cause That injury?	41	32.54	22	17.46	63	50.00	*20.05	0.83	41.50
21	Do you intensify Number of matches Within the tournament One It was a cause That injury?	36	28.57	41	32.54	49	38.89	2.05	0.90	45.00
22	Do return to Training Before completion Treatment of Injury And rehabilitation Was the reason for repeating those Injury again?	45	35.71	26	20.63	55	43.65	*10.33	0.92	46.00
23	Do not Take into consideration Status the correct For feet was a causeThat injury?	31	24.60	40	31.75	55	43.65	*7.00	0.81	40.50
24	Do not Take into consideration Correct capture On the racket During performance It was a cause That injury?	39	30.95	28	22.22	59	46.83	*11.76	0.84	42.00
25	do you see That places Or parts Most Used In the practice of playing Are the most vulnerable For that injury?	75	59.52	19	15.08	32	25.40	*40.91	1.34	67.00
26	Do you play Within the competition In front of a competitor using his left hand It was a cause That injury? (During individual competition)	0	0.00	10	7.94	116	92.06	*89.18	0.08	4.00
27	Do you play Within the competition With a colleague He uses his left hand Is what led to the occurrence That injury? (During marital competition)	6	4.76	2	1.59	118	93.65	*206.48	0.11	5.50

* A significant kai Square at the level of 0.05 = 5.99

Table (24) shows that there are differences of statistical significance in the phrase (2)in favor of Not By 41.27 Followed by Yes By 37.30 followed by Sometimes By 21.43 where the value of square Ka is 8.33 which is a statistical function. It is also clear that there are differences of statistical significance in the words (3)in favor of Not By 44.44 Followed by Yes and sometimes By 27.78 where the value of square Ka 7.00 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (4) in favor of Not By 65.08 Followed by Yes 17.46 percent followed by Sometimes At 15.87 where the value of square Ka is 60.7 which is a statistical function. It is also clear tha there are differences of statistical significance in the phrase (5) in favor of Yes By 39.68 Followed by not 38.89% followed by Sometimes By 21.43 where the value of square Ka is 8.05 which is a statistical function. It is also clear that there are differences of statistical significance in the phrase (6) in favor of Not 66.67% Followed by Yes By 19.84 followed by Sometimes At 13.49 where the value of square Ka 63.76 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (7)in favor of not By 46.03 Followed by Yes By 30.95 followed by Sometimes By 23.02 where the value of square Ka 10.33 is a statistical function. It is also clear that there are differences of statistical significance in the words (8)in favor of Not By 69.84 followed by Sometimes By 16.67 Followed by Yes At 13.49 where the value of square Ka 75.76 is a statistical function. It is also evident that there are differences of statistical significance in the words (9)in favor of Not 61.90% followed by Sometimes 22.22 Followed by Yes At 15.87 where the value of square Ka 47.05 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (10)in favor of Not 52.38 Followed by Yes At 28.57 followed by Sometimes By 19.05 where the value of square Ka 22.29 is a statistical function. It is also evident that there are differences of statistical significance in the words (11) in favor of Not By 65.08 followed by Sometimes By 24.60 Followed by Yes At 10.32 where the value of square Ka 61.00 is a statistical function.

Table (24) shows that there are differences of statistical significance in the phrase (14) in favor of Yes 58.73 percent Followed by not 23.81 percent followed by Sometimes By 17.46 as the value of square Ka 37.33 is a statistical function. It is also clear that there are differences of statistical significance in the words (16) in favor of Not By 46.03 Followed by Yes By 34.92 followed by Sometimes By 19.05 where the value of square Ka 13.91 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (17) in favor of Not 49.21% followed by Sometimes By 26.19% Followed by Yes By 24.60 where the value of square Ka 14.33 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (19)in favor of Yes 61.90% Followed by not And sometimes by 19.05 where the value of square Ka 46.29 is a statistical function. It is also clear that there are differences of statistical significance in the words (20) in favor of Not By 50.00 Followed by Yes By 32.54 followed by Sometimes By 17.46 where the value of square Ka is 20.05 which is a statistical function. It is also evident that there are differences of statistical significance in the words (22) in favor of Not By 43.65 Followed by Yes By 35.71 followed by Sometimes At 20.63 where the value of square Ka 10.33 is a statistical function. It is also clear that there are differences of statistical significance in the words (23) in favor of Not By 43.65 followed by Sometimes At 31.75 Followed by Yes By 24.60 where the value of square Ka 7.00 is a statistical function. It is also evident that there are differences of statistical significance in the phrase (24)in favor of Not By 46.83 Followed by Yes By 30.95 followed by Sometimes At 22.22 where the value of square Ka 11.76 is a statistical function.

Table (24) shows that there are differences of statistical significance in the phrase (25) in favor of Yes 59.52 Followed by not By 25.40 followed by Sometimes By 15.08 where the value of square Ka 40.91 is a statistical function. It is also clear that there are differences of statistical significance in the words (26)in favor of Not 92.06 followed by Sometimes By 7.94 And none Percentage in Yes Where the value of square Ka 89.18 is a statistical function. It is also clear that there are differences of statistical significance in the phrase (27) in favor of Not By 93.65 Followed by Yes By 4.96 followed by Sometimes By 1.59 where the value of square Ka 206.48 is a statistical function.

Table 25: *Differences between international players (Arabs and foreigners) in the percentage of approval of the terms of the axis (training reasons)*

N	Phrase content	Percentage of approval		Square Ka
		Arabs	Foreigners	
1	Do not Your training According to a specific timetable It was a cause That injury?	43.75	53.70	1.02
2	Do not Take into consideration Your coach The principle of gradual increase in pregnancy Were the cause of the occurrence That injury?	56.25	37.04	3.96
3	Do not Use the coach Weight Training To prepare you physically was a cause That injury?	53.47	25.93	9.55
4	Did it happen that injury The result Training of weight training?	25.00	25.93	0.02
5	Do you It prevents you the coach From training during injury?	68.06	26.85	17.89

6	Do not Take into consideration Your coach For individual differences Between competitors It was a cause That injury?	21.53	33.33	2.54
7	Do you arrive Sometimes To excessive stress During training This was a cause That injury?	50.00	32.41	3.75
8	Do you change the coach Negative impact On your level and It was a cause That injury?	14.58	31.48	6.20
9	Do not Interest the coach Alarm at once to once Fixes special technical errors With your game It was a cause That injury?	21.53	34.26	2.90
10	Do not Explain the trainer how to avoid performance Wrong Which may cause the occurrence injury It was a cause That injury?	33.33	44.44	1.59
11	Do not Determination the coach For quantities And food quality Which you are dealing with It was a cause That injury?	21.53	24.07	0.14
12	Do not Take into consideration Breaks In the training program And training modules It was a cause That injury?	50.00	46.30	0.14
13	Do not Test the coach to fitness levels is yours continuously It was a cause That injury?	45.83	37.96	0.74
14	Do not Warm up Good During training Or competition Were the cause of the occurrence That injury?	81.25	49.07	7.95
15	Do drop level Fitness It was a cause That injury?	51.39	38.89	1.73
16	Do not Relevance Training Programs With your capabilities As a player It was a cause That injury?	47.22	40.74	0.48
17	Do not There are breaks Enough Between training modules Were the cause of the occurrence That injury?	47.22	25.00	6.84
18	Do shorten Specific time periods Between championships was a cause That injury?	46.53	37.04	1.08
19	Do not Commitment Rules And laws the game It was a causeThat injury?	15.97	45.37	14.09
20	Do not Compatibility Between muscle strength of the arms And the two men During competition was a cause That injury?	36.11	48.15	1.72
21	Do you intensify Number of matches Within the tournament One It was a cause That injury?	40.97	50.00	0.90
22	Do return to Training Before completion Treatment of Injury And rehabilitation Was the reason for repeating those Injury again?	49.31	41.67	0.64
23	Do not Take into consideration Status the correct For feet was a cause That injury?	38.89	42.59	0.17
24	Do not Take into consideration Correct capture On the racket During performance It was a cause That injury?	26.39	62.96	14.97

25	do you see That places Or parts Most Used In the practice of playing Are the most vulnerable For that injury?	72.22	60.19	1.09
26	Do you play Within the competition In front of a competitor using his left hand It was a cause That injury? (During individual competition)	1.39	7.41	4.12*
27	Do you play Within the competition With a colleague He uses his left hand Is what led to the occurrence That injury? (During marital competition)	1.39	11.11	7.56*

Ka 2 at 0.05 = 3.84

It is clear from Table (25) that there are significant differences of statistical significance in the phrase (2) For the Arab players At 56.25 where the value of square Ka is 3.96, which is statistically significant. It is also evident that there are significant differences of significance in the phrase (3) For the Arab players At 53.47 where the value of square Ka 9.55 is statistically significant. It is also evident that there are significant differences of statistical significance in the phrase (5) For the Arab players At 68.06 where the value of square Ka 17.89 is a statistical sign.It is also evident that there are significant differences of significance in the phrase (14) For the Arab players At 81.25 where the value of square Ka is 7.95, which is statistically significant. It is also evident that there are significant differences of statistical significance in the phrase (17) For the Arab players By 47.22 where the value of square Ka 6.48 is statistically significant. It is also clear that there are significant differences of statistical significance in the phrase (19) For foreign players At 45.37 where the value of square Ka 14.09 is statistically significant. It is also evident that there are significant differences of statistical significance in the phrase (24) For foreign players 62.96 where the value of square Ka 14.97 is statistically significant., While there are no statistically significant differences in the other terms, since they are not statistically significant. It is also clear that there are significant differences of statistical significance in the phrase (26) For foreign players By 7.41 where the value of square Ka 4.12 is statistically significant. It is also evident that there are significant differences of statistical significance in the phrase (27) For foreign players By 11.11 where the value of square Ka 7.56 is statistically significan.

Discussion

Axis of Injury

Table (2) shows that the highest ratios Types of injuries for international tennis players Muscle injuries were is muscle tear at 34.921% followed by Spasm muscle of 28.571% followed by inflammation and sprains, with 22.222% .and The Average proportions injury rates for international players are wound With 11.111%, followed by fractures 9.524.

As Table 3 shows, the highest scores for international players are the intermediate score of 47.619% followed by the minor score of 33,333% and the lowest rates of injury are the highest of 22,222%.

As Table 4 shows, The highest percentages of injury places for international players are muscles with 46.032% followed by joints with 39.683% followed by ligaments with 33.333% and lowest ratios In the places of injuries are bone by 19,048%.

In this regard, Osama Riyad (1998) pointed out that muscle injuries in general are neglected injuries

Relatively in the field of sports medicine, despite the spread and seriousness and bad effects at the level of the player may be due Not to be considered Muscle injury is one of the main topics that interest the surgeons, despite the seriousness and importance of the player. While the average person can return to work and exercise his normal life is still suffering from muscle injury We find that this is not permissible for the athlete who is required to fully recover and rehabilitate him by 100% of that injury Even back with the same physical fitness as before. , And most of the global studies indicate that the incidence of muscle injuries in the field of sports ranging from 10-30% of the rest of the injuries in the stadiums in the general average [10].

Although high-level tennis players were exposed to such injuries, they were moderate or minor, and the least severe injuries were due to the fact that high-level players have a high level of fitness and skill that helps to reduce the incidence of injury and also reduce its severity.

It is also clear from the comparison of Arab and foreign players in tables (2,3,4), the high rate of injuries among Arab players, where the rate of Myorrhexis 41,677%, Against 25,926% for foreign players, Sprained 38.889% against nothing for foreign players, And Spasm muscle 38.889% vs 14.815% for foreign players, The wounds amounted to 16.667% against 3.704% for foreign players, While the percentage of fractures 11.111% for Arabs versus 7.407% for foreign players , herniated disc 5.556% for the Arabs versus 3.704%, While infection of foreigners increases in inflammation About the Arabs By 25.926% compared to 19.444% for the Arab players.

A comparison of Arab and foreign players shows that the highest score among Arab players is the Medium Degree of 58.333% against 33.333% for foreign players followed by the Severe Degree by 27.778% against 14.815% for foreign players followed by Simple Degree by 16.667% while the rate of injury in foreign players in the Simple Degree was 55.556% compared to 16.667% For Arab players.

It is also clear from the comparison of Arab and foreign players that the most affected places in the Arab players are joints 55.556 followed by ligaments 38.889 followed by bone by 14.875, respectively. While foreign players had 48.148 muscles. They had ligaments at 25.926 followed by joints with 18.519 followed by bones at 14.875 respectively.

The reasons for the injury in the Arab players, which showed significant differences between them and foreign players where the reasons for health as stated in Table (16) Phrases 17,11,10,9, indicating that no comprehensive medical examination before the start of the season - The tendency to get excited during the competition - the permanent desire to win - the lack of medical examinations - while the preventive reasons, as shown in Table (17) Arab players did not use the means of prevention, drilling and stones. Table (19) In addition to the lack of maintenance of the stadium on a regular basis, failure to meet the court to the legal conditions - the presence of obstacles on the ground Table (17) of the words 8, 9, 12. The reasons for the training shown in Table (25) are Phrases Nos. 2, 7, 14 and 17, which is the increase of the training porter, the excessive stress, the lack of good warm-up, the absence of recesses, the reasons for the Arab players which are absent from the foreign players, They are less than Arab players.

The results of the tables (5, 6, 7, 8) for (joints, ligaments, bones, muscles) The highest percentage of joint injuries to international players is the right wrist joint at 38.95% followed by the right ankle joint at 23.810% followed by the left ankle joint and the right shoulder joint where the ratio was 15.079% and the right knee

followed by 12.698% . The joint injuries to the international players are the joints of the lumbar spine and the right elbow joint, with 9.524%

The highest incidence of ligament injuries in the international players is the 22.222% wrist joint, followed by the shoulder and ankle ligaments, with 20.635% and knee joints at 12.698%. The lowest incidence of ligament injuries for international players is the elbow joint ligament at 6.349%

The highest rates of bone injuries for the international players are the bones of the metacarpals. by 11.111% followed by the lumbar vertebrae by 9.524% followed by the bones of the metatarsal by 6.349%. The table also shows that the lowest rates of bone injuries for the international players are the bones of the humerus and forearm, with a ratio of 4.762% followed by Cervical vertebrae,

The highest rates of muscle injury for international players are the lower back muscles by 26.984 followed by the rear thigh muscles by 24.603% followed by the front thigh muscles by 20.635% Followed by the posterior muscles of humerus And muscles behind the leg With 12.698% per cent Followed by anterior biceps muscle of 11.111%

And abdominal muscles by 11.905%.

This result is consistent with the findings of Ashraf Mounir (2008), where he found that the most vulnerable parts of the body are the ankle joint, the shoulder joint, the muscles behind the thigh, the muscles in front of the thigh, knee, elbow [3].

Comparing the Arab and foreign players, it is clear that the increase in the incidence of injury on both sides in the right wrist joint was 34.722 for Arabs compared to 42.592 for foreigners and the right ankle for 23,611 for Arabs compared to 24,074 for foreigners. Table (5) Injury of wrist joint ligaments and ankle joint ligaments The Arab players have a table for foreigners (9). Table (7) shows a high percentage Injury to the bones of the lumbar vertebrae of the Arab players than to the foreigners, while the injury of the bones of the hand combs to foreigners than to the Arabs.For muscles, the ratio has increased Injury to the front and back thigh muscles of the Arab players while the injury of the lower back muscles of foreigners Table (8)

In this regard, Osama Riyad (2002) points out that sports practice puts pressure on joints, synovial Joint capsule , muscle tendons, muscles, and spinal vertebrae, which may cause injury [1].

The results of Table(9) show that the highest exposure times of international players are during competition 54.762 Followed during training 38.889. Where players are exposed During competitions

As noted by Jannat Darwish and Sanaa Abdul Salam (2007) for a range of pressures on the coach or the people surrounding him or motivated by personal ambition and sometimes the pressures are represented in a social or religious or geographic factor as well as the amount of previous experience experienced by the player in training or competition than Causes a constant alert to the nervous system of the player and becomes more susceptible to injury if not matched by good mental and physical preparation of the player.

It is also clear from the comparison of Arab and foreign players that the highest ratios The times of exposure for Arab players are During competition 69.444 While she was During training To foreigners By 50.000. It is clear from the comparison that the Arab players are more affected by the pressure on the player During competitions Which affect the psychological state of the player and the inevitable result of this is to overcome the processes of disability to stimulate the central nervous system and accept the compatibility of muscular nervous system and low muscle efficiency and the player is more susceptible to injuries. Jannat Darwish & Sana Abdel Salam [11].

While the causes of injuries to foreign players are due During training For reasons related to the coach, And reasons for rest periods, And reasons for not warm-up adequately during training As reported by the results Questionnaire In this regard, Osama Rabat (1982) [12], and Nariman al-Khatib *et al.* (1996) [13] indicate that warm-up facilitates the viscosity of the inner medium of the muscles and thus speeds the arrival of the nerve signals of the muscles performing the movement. The appropriate warm-up reduces the internal friction of the joints on which these muscles work and improves the muscle tone before performance.

Also lack of interest Organize the training load Within the training modules And the number of consecutive matches Without adequate rest periods Of the causes of injuries In this regard, Muhammad Tawfiq Al-Laila (2000) [14] and Mufti Ibrahim (2002) [15] indicate that the severity and type and size of pregnancy affect the body's various organs. Increased training load negatively affects the nervous system Which reduces the physical performance, physical and skill and planning and lead to the inevitability of injury.

Table (10) shows the highest percentages Stages of preparation Who have been injury by international players General physical preparation Followed by 52.381 private physical preparation stage And the skilled numbers of competition With a ratio of 20,635. It is also clear from the comparison of Arab and foreign players, the high rate of exposure of Arab players injury During the stages of general physical preparation 61.111 compared to 40,741 for foreign players Followed by private physical preparation stage And the competitive preparation of competition With a ratio of 25,000 to 40,741 For general physical preparation, 14.815 for private physical preparation stage And the competitive preparation of competition For foreign players.

Experts believe that the period of preparation and competition is one of the most difficult stages in which the player is injured because the player in the preparation period Be back From a negative rest period Resulting in relative weakness The muscles are therefore the body not ready To bear the new physical burden The risk of exposure injury is therefore high. This is confirmed by the results of Khalid Mohammed Badr (2000) [16].

As shown in table (11), the highest rate of injury time during competition among international players is the middle of the competition by 39.474 followed by the end of the competition by 30.952 followed by the start of the competition by 25.397.It is also clear from the comparison of Arab and foreign players that the timing of the injury is high During competition When the Arab players in Mid-competition 43.056. While the timing of injury in foreign players increased The beginning of the competition 38.889 Followed by Mid-competition And the end of the competition With a ratio of 33,333. The reason is competition pressure in terms of the intensity of the game load and the associated stress.

Table (12) shows the highest ratios Number of times Exposure to injury The international players are Once 38.095 Followed by Twice 19.048 Then follow them three times By 17.460 Then follow them five times By 15.873. And the lowest ratios Number of times Exposure to injury to have international players four times By 4.762 Followed by More than five times By 2.381.

As shown in table (13) that the highest proportions For the time period Between injury and injury Which followed to have international players Is a month By 23.016 Followed by three months By 19.841 Followed by more than one year 19.048 Then follow them less than one year in the rate of 11.111 Then follow them four months By 10.317.The lowest ratio of time between injury and injury followed by international players is Year by 9.524 Followed by two months at 8.730.

In the opinion of experts that the lack of good rehabilitation for injury and the return of the player to the stadium before making sure to recover completely from injury. Is the cause of recurrence of this injury.

This is confirmed by Hassan al-Nawasra and others (2006) that the treatment of the injured player is not considered to be finished once he received the anatomical and functional recovery, but after returning to normal before injury and his ability to practice training with the team without being repeated the same injury [17].

It is also clear from the comparison of Arab and foreign players, the increase in the number of times the exposure of Arab players injury twice By 29,167 compared to 5,556 for foreign players Followed by four times By 5.566 against 3.704 for foreign players Then follow them More than five times By 2.778 against 1.852 for foreign players. The number of times foreign players have been exposed has also increased injury Once by 38.889 compared to 37.500 for the Arab players Followed by five times By 31.481 against 4.167 for the Arab players Then follow them three times By 25.926 compared to 11.111 for the Arab players.

It is also clear from the comparison of Arab and foreign players, the increase in the percentage of time between injury and injury Followed by Arab players more than a year by 22.222 against 14.815 for foreign players Followed by less than one year By 16.667 against 3.704 for foreign players Followed by four months By 15.278 against 3.704 for foreign players Followed by two months By 12.500 compared to 3.704 for foreign players Then followed by a year 11,111 vs. 7.407 for foreign players. Rates of time between injury and injury Which Followed by among foreign players also increased It was a month By 37,037 compared to 12.500 for the Arab players Followed by three months By 29.630 compared to 12.500 for the Arab players.

This confirms that the rehabilitation process of Arab players is better than that of foreign players because of the decrease in the Number of times Repetition frequency of injury to the Arab players about him to foreign players .as well as the spacing of periods between injury and injury followed by to the Arab players

Table (14) shows the highest exposure rates Injury Depending on the type of competition For international players Are individual By 69.841 Followed by Double at 3.968. The researcher believes that the rate of Injury is increasing in Individual Competitions about it As for In the marital competitions Because individual competition the player to be alone And much movement As for In the Double competition He has a partner who bears the burden of competition.

This is consistent with what Jacob Hiraj Kriskour 1984 [18], Hossam Sharara 1989 [19], Amal Mahjoub 1992 [20] that the athlete is exposed to injury as a result of the continuous effort on members And various body organs And that sudden stress For a specific part of the body It may be more powerful than the possibility.

The Causes of Injuries

Axis of Health Causes

Table (15) The phrase explains No (1) that failure to perform first aid and the means of physical therapy immediately after injury during training or competition is a reason to delay recovery from injury. Experts believe that first aid must be provided to the player Immediately The incidence of injury Directly in Place The incidence of injury Because the transfer process Before Receiving the necessary first aid may aggravate the injury.

This is confirmed by Hanley, Bifus hanley & belfus (1994) that the discovery of injury And evaluation of the situation And provide first aid to the injured in the palce of injury Easy From rehabilitation the injured player and returning him to exercise as soon as possible [21]. Magdi Aliywa, 1997 [22], stated that the first aid is to be performed as soon as possible. Immediately after injury In a place Practice of sports activity and Not in the treatment room.

The phrase (2) shows that failure to conduct psychological tests prior to practicing competition is not a cause of injury. This contradicts Fathi Zureiq's (2002) article on the need for a psychologist within the team since each individual has his or her social characteristics that affect positive or negative in his performance. The role of the psychologist is in the ability to develop these characteristics which positively affect the rate of progress The player through mental training sessions and relaxation and control emotions and good imagination as well as the ability to access the Formation of sports that affect the level of the incidence of sports injury due to the negative impact [23].

phrase (3) shows that failure to conduct physiological tests before entering competition does not cause injury. This contradicts what Laila Bader (1983) stated that conducting some tests that measure the fitness elements of the players helps the trainer determine the training dose and intensity [24]. and also contradicts Kuperian (1994) that muscle strength should not Are inconsistent with training load as the basic requirements for increasing the load are to physically stability t the body of sported physiological before the body undergoes additional activities or exercises [25].

phrase (4) confirms that the absence of a doctor or specialist in the injuries of playgrounds during training leads to doubling the injury. This is consistent with what Fandal (1994) said that the duties of a trained sports physician begin with the prevention of sports injuries, the discovery of injury and evaluation of the situation and provide the first Aid to the injured in the place in injury and rehabilitation of the injured athlete and return to exercise as soon as possible using many different means such as heat, Electricity, therapeutic exercises) [26].

The phrase (5) confirms that the failure to perform medical tests after recovery from injury and before returning to training again cause the recurrence of the injury.

Experts believe that medical tests should be performed to ensure that the injury is fully recovered and returned to normal function as before. This is confirmed by Ranstorm (1997) that athletes returning after injury must successfully pass fitness tests in their respective sports if they are to avoid recurrence [27].

phrase (6) confirms that there must be cooperation between the trainer and the doctor during the treatment period. This is in line with what the Team Kamouna (2002) stated that the profession of the sports coach and training took a wide range of advanced with the days and so it became necessary for the trainers to have a wide knowledge of all the sciences of sports medicine and thus facilitate the training process and expand the prevention of injuries. He has extensive knowledge in anatomy, physiology, animation, psychology, sports philosophy, health sciences, nutrition as well as first aid with high training skills [28].

phrase (7) clarifies that the doctor's instructions regarding comfort and effort during the injury period are observed. Experts believe that the owner of the decision to return to the stadium is after the consent of the doctor and after a medical examination to ensure not to rush to return and recurrence and exacerbation of injury. This is confirmed by Neil Mithison neilmethion (1987) m that the task of the sports physician is to take care of both the athlete and the normal person practicing sport for health, and the casualty who uses physical activity as a rehabilitation [29].

phrase (8) also shows that no injuries were recorded in its registry. According to the experts, a player's health record must be provided for the player's history, health history and medical tests to assess the player's fitness and health potential. This is confirmed by Bahaa Eddin Ibrahim (1990) [30] and Howley & Frank (1995) [31]. Failure to record injuries may expose the player to further injuries in the future.

The phrase (9) shows that there was no comprehensive medical examination on the players before the start of the season. This is contrary to what the experts said that attention should be paid to the universal periodic medical examination on the players on a continuous basis to avoid the physical and physiological problems that cause the injury. This is confirmed by Ezzat al-Kashif (1990) [32], Nadia Rashad (1996) [33], Majdi al-Husseini (1996) [22], and Samia Khalil (2004) [34]. However, a comprehensive periodic medical examination must be performed before beginning Each season of sports in anticipation of injuries may appear and worsen with the exercise and then affect the player to continue to participate in matches throughout the season.

The phrase (10) confirms that the tendency to speed of emotion During competition, not cause for injury. Experts believe that the psychological side has a significant impact on the incidence of injury., but there is a lack of awareness of the importance and role of psychologist sports and this is consistent with what Mohammed Hassan Allawi (2001) that the idea of psychological rehabilitation of the player May be seen As marginal aspects that come in subsequent orders [35].

The phrase (11) shows that the desire to win and win the championship is not the cause of the injury. Experts believe that the constant desire to win and win the championship is the cause of the injury. This is

confirmed by Mohamed Hassan Allawi (2001) that changing the emotional state and motivation and behavior for the individual leads to a change in the level of sport and therefore the opportunity to be injury is very large [35].

phrase (12) states that failure to observe the appropriate temperature at the place of training or competition does not cause injury. This is contrary to what Mufti Ibrahim said that the training loads must be submitted in a timely manner in such a way as to ensure the player accept the new loads without strain [15].

phrase (13) states that non-observance of abnormal health during training or competition is not a cause of injury Experts believe that non-observance of abnormal health during training or competition is a cause of injury. This is confirmed by Rafiq Haroun, Taha Saad, Mahmood Al-Najjar and Fathi (2000). The Sports Trainer must understand how Different body organs adapt to the performance of the training. Methods of training such as pulse rate measurement during training to determine the quality of the training effect on the player as well as determining the appropriate rest periods and through this can identify the physiological responses that are indicative of stress and increase the load of training, which helps the trainer to legalize the training load [36].

It is clear from Question No. (14) that non-compliance with sufficient hours of sleep is not a cause of injury. This is contrary to what Mufti Ibrahim said that the period of rest and recovery of healing between training loads should be appropriate [15].

As can be seen from the phrase (15) that excessive eating before training or competition does not cause injury. researcher believe that nutrition should include abundant amounts of fluids to prevent any drought, and thus increase the risk of muscle rupture. It is also preferred to be a variety of nutrition and contain quantities of starch, protein, while reducing the fatty substances, with the addition of vitamins and minerals, and therefore recommended to eat fruits and vegetables.

The phrase (16) shows that excessive intake of fluids before training or competition does not cause injury. researcher believe that water is a nutritional component of our bodies, and it brings about 70% of muscle building and about 75% of brain tissue. And we lose water from our bodies daily in many images, including breathing in a loss of about two cups of water. Also through perspiration and urination and if this water loss is not compensated, the person will become dehydrated. Drought is intimately related as one of the problems of sports without balanced water access for the player, especially in violent sports that require great effort. The dry chain starts with the person getting a little water and losing a lot of it. Once the body feels that the water has a small amount of water, it reaches the kidneys by holding the water instead of removing it. This is evident in the concentrated dark urine color. The drought leads to constipation, Mouth and tongue, feeling tired, and lack of energy as a human muscle.

As indicated in this regard, Osama Riyad (1982) that proper nutrition reduces the exposure to muscle ruptures, in the case of lack of vitamins and various proteins, it will lead to weakness in the composition of the work of the functional muscle, and thus exposed to injuries to Myorrhexis and muscle sclerosis [12].

phrase (17) states that non-compliance with medical examinations did not cause injury. This is contrary to other results of this study and demonstrates the lack of awareness of health in the players injuries and causes and methods of prevention.

The phrase (18) shows that the use of doping in different forms does not cause injury. researcher believe that the danger of industrial stimulants is to expect the player to perform the work beyond the limits of the natural, which he knew by his instinct and experience, which represents the physiological limits, which are the first lines of defense against stress, in addition to this physiological damage to these stimulants, the player dealt with before or during the game is a player lost Fitness and nervousness In this sense, the use of industrial stimulants are factors contributing to the occurrence of sports injuries.

The phrase (19) shows that the existence of psychological pressure before training or competition does not cause injury. This is contrary to the other results discussed for this study in Table (9) and with the opinion of the experts that the psychological factor has a positive impact and either negative and therefore the incidence of infection or not.

The phrase (20) shows that lack of nutrition of the player is not a cause of injury. This is contrary to other results of this study in Table (15) and with the opinions of experts on the importance of food and its impact on physical and motor efficiency and therefore that deficiencies in the diet may lead to rapid feeling of fatigue and fatigue and inability to perform well and then the incidence of injury.

phrase (21) states that primary medical service is not readily available during training. In this regard, Majdi al-Husseini (1997) points out that complications occur in the case of negligence of first aid for injuries and failure to implement treatment and rehabilitation properly. First aid is the acute stage immediately after injury and immediate treatment begins on the place [22].

phrase (22) indicates that the absence of data on previous health record injuries does not cause recurrence injury.

The phrase (23) shows that the poor health of the player is not the cause of the injury. This contrasts with other findings of this study, Table (15), and with experts' views on the importance of registering health-related injuries and the importance of attention to health status, as this may be an important cause of injury.

phrase (24) states that the first aid kit was located close to the place during the injury. This is in line with previous findings of this study Table (15). According to expert opinions, Aid bag should be available close to the place of play.

phrase (25) The availability of ice used in first aid operations when the injury occurs. researcher believe when blood begins to assemble in the case of injury, the ice reduces blood vessels, reduces bleeding and dissipates heat.

phrase (26) states that the club did not provide a health center for training and treatment of injury. But the club must provide a health center for treatment and rehabilitation and be the responsibility of the treating physician.

The phrase (27) shows that the lack of one of the axes of medical services does not lead to injury or delay healing. This is contrary to the previous results of this study in table (15) and with the opinions of experts of the importance of attention to medical services, especially first aid and medical examinations in the reduction of injury or the speed of return to the stadium after injury through good first aid to the player immediately after injury.

The phrase (28) shows that the non-use of sports massage to the player for all purposes did not cause the injury. researcher believe that sports massage helps athletes prepare their bodies for optimal performance, Prevention of injuries and making a good performance during exercise and helps prevent muscle and tendon injuries.

The phrase (29) shows that the impact of injury is no longer constant and hinders the Performance skills players. In the opinion of experts that in the case of good rehabilitation and full compliance with the doctor's instructions in terms of comfort and effort, this leads to the similarity of the player to complete recovery and this is confirmed by Mustafa Taher (1989), indicating that the process of rehabilitation after injury is one of the most important stages of treatment, To Return to normal after injury as soon as possible while trying to maintain the level of the player before the injury [37].

The phrase (30) shows that fitness tests have been conducted to ensure recover healing of the injury and before allowing the player to play the game again.

The phrase (31) confirms that the player was medically examined to ensure that the recovery of the injury before allowing him to play the game again. This is confirmed by previous results of this study and based on the opinions of experts on the importance of conducting tests and medical examinations of the player periodically.

It is the results of Table (16) which illustrates the differences Among international players (Arabs and foreigners)In the percentage of a pproval of the phrases that proved the existence of statistically significant differences are:

The phrase (9) that the foreign players had a comprehensive medical examination before the start of the season, while not to the Arab players.The phrase (11) that the permanent desire to win and superiority in the championship for Arab players was the cause of the injury, where the ratio was 56.25 for Arabs compared to 24.07 for foreigners.

The phrase (16) that excessive intake of fluids before training or competition for foreign players was the cause of the injury rate of 34.26 compared to 6.94 for Arabs. The phrase (17) that non-compliance with medical examinations for Arab players was the cause of the injury rate of 42.26 vs 23.15 for foreigners.

The phrase (18) that the use of doping in different forms of foreign players was the cause of injury, where the ratio was 43.52 compared to 19.44 for Arabs. In this regard, the researcher emphasizes the need for medical examinations for Arab players before the beginning of the season, attention to the psychological preparation of the player so as not to cause the desire of players to the win To the injury of pressure on the player, and periodic medical examinations of the players.

Axis of Preventive Reasons

Table (17) shows that the highest ratios For times of player use For Means prevention of injury For international players were respectively In competition 46.032 Followed by training By 34.921 And players who do not use the means of prevention 29.365.

The experts believe necessity Use Different prevention tools for tennis For prevention Or limit Of this injury What is confirmed by Mohammed Bakri (2000) that the causes of sports injuries not to use tools adequate prevention of bones, joints and muscles by type of activity practiced during the exercise of sports activities [38].

It is also evident from the comparison of Arab and foreign players High times of player usage For Means Prevention of injury For Arab players In competition 52.778 compared to 37,037 for foreign players Followed by training 36.111 against 33,333 for foreign players Then follow them not used By 30.556 compared to 27.778 for foreign players. This confirms On the use of Both Arab and foreign players For Means Injury prevention And that rose Rate the use When the Arab players about it for foreign players.

Table (18) shows that Highest ratios Of means And tools Most Importance of prevention Of injuries to international players Is the nature of the court By 40.323 Followed by boot By 37.302 Then follow them bands around your hands By 25.397 Followed by the racket 22.222. It reached Average proportions Of means And tools Most Importance For prevention Of injury For international players 12.698 For bands around the head Followed by a ball 11.111. And the lowest ratios Of means And tools the most important For prevention Of injury For international players Is the shirt Which Worn by the player by 7.937 Followed by the law of the game By 6.349.

Experts believe that all prevention factors should be taken care of to reduce injuries This is confirmed by Osama Rateb (1982) that the selection of tools Suitable for the player Minimize injuries to stadiums, Choose the appropriate clothing for the temperature of the training atmosphere Or match Shoes and matching rackets Weight with the age of the player Undeniably reduces Of the injury rate , As it is at low temperature Wear appropriate shirts In any case The modern shorts will wear Who has a towel on his side To get rid of sweat Very useful

Also use the player For the head bands to prevent sweat it's OK [12].

It is also clear from the comparison of Arab and foreign players that the percentage of the most important means and tools to prevent injuries to Arab players in the shoe increased by 43,056 compared to 29,630 for foreign players followed by the nature of the Land of stadium by 41,677 compared to 38,462 for foreign players followed by the racquet by 26.389 against 16.667 for foreign players. These ratios were close to 25.000 for Arabs and 25,926 for foreigners. The percentage of the most important means and tools to prevent injury to foreign players in the head band increased by 16.667 compared to 9.722 for Arab players followed by shorts and ball by 12.963 compared to 9.722 for Arab players respectively, followed by the player's T-shirt by 9.259 compared to 6.944 for Arab players followed by the game law of 7.407 Against 5.556 for the Arab players.

This confirms the interest of the Arab players in the shoes and the nature Land of the stadium and the racket as one of the preventive means of injury more than foreign players while foreign players are concerned with bands around the head and clothing and the rules of the game The interests converged In the use of ligaments around the hands as a preventive means. It may be controlled In the shoe and racket for the Arab players is easy to subject to the player Control the nature Land of the stadium Subject to those responsible for it To make sure it is free of obstacles and drilling. It is clear here that the Arab players are not interested in the rest of the preventive means, which may leave the possibility of exposure of these players to injury, as well as the attention of foreign players some of the means of prevention and omission of others, such as the nature of the court and shoes, exposing them to the possibility of injury.

Table (19) shows that the highest percentages of internal constraints The most causing injury for international players is drilling By 37.302 Followed by stones 19.048. And the lowest ratios of internal constraints The most causing injury to international players Are the seats At 7.937 Followed by nearby buildings By 6.349.

Table (20) shows that the highest interest rates The stadium axes Which protects against injury to international players Is the stadium 38.889 Followed by pitch equipment By 25.397. And less attention The stadium axes Which protects against injury to international players Is the maintenance of the stadium After each rally by 7.937. It is also clear from the comparison of Arab and foreign players that interest rates The stadium axes Which prevent injury to Arab players is higher than for foreign players On The stadium 48.611Followed by pitch equipment By 30.556 Followed by pitch maintenance After each rally by 12.500.

According to Osama Riyad (1982), the lack of suitable playing field for tennis, such as the presence of obstacles in the ground or Flat ground lack of equanimity and the presence of solid objects or sprayed water in the wrong way, the players suffered injuries [12].

It is also clear from the comparison of Arab and foreign players, the high percentage of internal obstacles causing the most injury to Arab players In the pits By 25.778 against 16.667 for foreign players Followed by stones By 29,167 compared to 5,556 for foreign players Followed by seats By 11.111 against 3.704 for foreign players Followed by nearby buildings 8.333 against 3.704 for foreign players.

It is also evident from the comparison of Arab and foreign players High interest rates in the stadiums that prevent injury to Arab players

On the court 48,611 compared to 25,926 for foreign players Followed by pitch equipment By 30.556 compared to 18.519 for foreign players Followed by pitch maintenance After each rally by 12.500 against 1.852 for foreign players.

This confirms the high rates of internal obstacles in the Arab players from the drilling and stones and seats and buildings nearby and drop in the foreign players And the high interest rates of stadiums also in the Arab players more than the foreign players, which confirms the suffering of Arab players of these obstacles more than foreign players Which increases the likelihood of injury to the Arab players a lot of them when foreign players.

Table (21) shows that the highest the stadium for international players is clay courts (44.444) followed byhard court (38.095). The average the stadium for international players was 11,111. is Turf courts The lowest the stadium for international players is Grass courts by 2.861.

The experts believe that each type of stadiums mentioned above have its disadvantages and advantages and its impact in the occurrence of injury or not, but Rise up The proportion of injuries on the Clay courts than other types of required fields of Clay courts special attention to facilitate the player to move them in security, and this is confirmed by Osama Rateb (1982) The lack of suitable pitch for tennis, such as the presence of obstacles in the ground or unevenness and the presence of solid bodies or sprayed water in the wrong way expose the players to injury [12].

It is also clear from the comparison of the Arab and foreign players, the increase in the percentage of the the stadium that caused the most injury to Arab players, the Clay courts by 62.500 compared to 20.370 for foreign players followed by hard courts by 43.056 compared to 31.481 for foreign players, followed by Grass courts by 4.167 compared to nothing for foreign players. As ratios rise the stadium that caused the injury of foreign players in Turf courts by 22.222 compared to 2.778 for Arab players.

The reality of these international tournaments shows that they are very frequent on the courts of Clay courts, especially in our Arab region and therefore the most types of flooring for the Arab players lead to the injury and because of their special attention to maintain them so that the player to move them safely. As for foreign countries there may be other types of such competitions are held and led primarily by Turf courts and Because of this it abounds Injury of foreign players on such This type From the stadium.

Table (22) shows the presence of some preventive causes related to the injury. It refers to the words that have obtained a approval rate above 50% which It is the phrase number 15,8,7,6 which means that the game needs more means of prevention Injury - Lack of maintenance of the playground on a continuous basis - Lack of information on injury prevention.

phrase (6) states that tennis requires more means to prevent injury. Therefore, attention should be paid to all the means of prevention of the game to reduce injuries in tennis, the most important aspects of the stadium. The phrase (7) also shows that the stadium has an impact on the injury. The phrase (8) also states that the lack of maintenance and repair of the stadium periodically caused the injury.

phrase (9) clarifies that the failure of the court to meet the legal conditions did not cause the injury. According to the experts, the violation of technical and legal specifications leads to injury to the player. This is confirmed by Osama Riyad (1982). The objective of the sports laws is to protect the player and to ensure the safety of his performance and his violation of these laws lead to the occurrence of injuries such as violating the technical and legal specifications of the players clothes, Appendages In the grid lists causing their injury as well [35].

The phrase (10) shows that the lack of soundness of the training facilities and their suitability are not the cause of the injury. This result is inconsistent with the results of some of the previous results of this study. Based on the experts' opinions from discussing Table (18), it is necessary to adapt the training and

competition places, especially the axes of the stadium, and ensure that they are free of pits and stones so as not to cause injury.

The phrase (11) confirms that if the stadium being trained is not similar to the competition, it is not the cause of the injury. This contradicts some of the previous findings of this study and based on the experts' view from discussing Table (19), (20)That if the quality changed in competition Stadium about it The training Stadium In terms of the nature of the court and the nature of the obstacles on the ground and the degree of Flat ground, there is a chance of injuries.

The phrase (13) shows that the lack of planning of the stadium to clarify its limits and the correctness of its dimensions during training is not a cause of injury.

The phrase (14) also shows that lack of sufficient lighting in the playground is not a cause of injury.

phrase (16) states that wearing inappropriate clothing for tennis players is not the cause of injury. This contradicts what was stated by Osama Riyad (1982). He stressed that the objective of the sports laws is to protect the player and ensure the safety of his performance and his violation of these laws leads to the occurrence of injuries as well as violating the legal and technical specifications of the tools and clothes and the stadium's axes cause injury to players. Neglect is a cause of injury [35].

The phrase (17) also states that wearing an inappropriate shoe for tennis players is not the cause of injury. Experts believe that most non-congenital foot deformities include functional deformities and static deformities in the sports field resulting from poor selection of shoes suitable for the foot. This is confirmed by Osama Riyad (1982) that the appropriate shoes and the stadium appropriate permanent protection of the foot of the player [12].

Table (23) shows the differences between (Arab and foreign) international players in the rate of approval of the terms of the protective reasons. It is clear from the phrase (8) that the lack of maintenance and repair of the stadium periodically caused the injury to Arab players. It is also clear from the phrase (9) that the lack of resort to the conditions the stadium the court of legal conditions is the cause of injury to Arab players. As can be seen in phrase (12), the presence of obstacles in training stadium to injury to Arab players. The results of these phrase are consistent with the earlier discussion of the results of this study and based on the opinion of the experts in Table (18), (19) and (20).

Axis of Training Reasons

Table (24) phrase (2) shows that the coach's failure to observe the principle of gradual increase in pregnancy does not cause injury. This contradicts what Mukhtar Salem (1987) stated that taking into account the gradual training load prevents the player from getting exhausted and that there can be no progress for the player unless there is Gradually increase in the load on the body [39].

The phrase (3) confirms that the failure to use the trainer for weight training to prepare the player physically does not cause injury. Powers & Howley (1994) contend that weight training is one of the most important

training methods that have an effective effect on the development of muscle capacity, lack of body fat, and balance between different muscle groups in the body [40].

Abdul-Aziz Al-Nemer & Nariman Al-Khatib (1996) also suggest that weight training programs aim to increase muscle strength growth rates, develop technical performance, and increase the level of readiness for sports activity [13].

The phrase (4) indicates that no injuries were caused by weight training. That the lack of injuries due to weight training is a good indicator of the graduality in pregnancy and lack of access to overload, which may result in many injuries. This is in line with previous results of this study and based on expert opinions in discussing the results of Table (9).

The phrase (5) shows that the coach prevents the player from training during injury. This corresponds to the discussion of previous results of this study and based on the expert opinion in Table (15) that the treatment of sports injuries in a scientific manner in terms of duration of treatment and how to treat them with special assessment tests before playing the game to ensure that the recovery of the player completely.

phrase (6) clarifies that the coach's failure to observe the individual differences between the competitors is not the cause of the injury. Experts believe that individual differences between competitors should be taken into account to properly regulate the training load so as not to result in an overdose that would damage and injure the player. This is confirmed by his nadya Rashad (1996) that training that does not follow the proper gradation has an adverse effect on all organs of the body and muscles and becomes a key factor in the incidence of injuries [33].

The phrase (7) shows that if the player sometimes reached excessive stress during training, this is not the cause of the injury. This contradicts the scientific fact that excessive stress causes injury and also contradicts what Mukhtar Salem (1987) stated that taking into account the graduality of the training load prevents the player from getting exhausted and that no progress can be made to the player unless there is an increase Pregnancy is on the body [39].

The phrase (8) confirms that changing the coach does not negatively affect the level of the player and therefore does not affect the incidence of injury. In the opinion of experts, the change of trainer leads to a change in the training program and change of the training program may affect psychologically and physically the new muscle groups used in training. This is confirmed by Osama Riyad (1998) in that the change in the training program negatively affects the player who uses new muscle groups and the style and system in the training is different than usual, which may affect psychologically and physically on the player [10].

The phrase (9) shows that the coach's lack of interest in alerting first-hand the repair of technical errors of the game does not cause injury. The phrase (10) shows that the failure of the coach to explain how to avoid the wrong performance of the players does not cause injury. Experts believe that correcting the technical errors of the game is a very important factor to avoid the risk of injury and this is confirmed by Osama Riyad (1987) m that the level of technical performance skill is an important factor in protecting the player from injuries [41]. The phrase (11) confirms that the lack of determination of the coach of the quantities

and types of food dealt with by the player is not a cause of injury. Experts believe that various metabolic processes, energy generation, acidity and alkaline processes during exercise are either positive or negative in prevention or injury. This is confirmed by Osama Rateb (1982) that there are three types of food., food and body building, high energy foods and vital foods such as vegetables and fresh fruits [12].

The phrase (14) shows that lack of good warm-up during training or competition is the cause of injury. This is consistent with and consistent with the foregoing discussion of the results of this study and based on the views of the experts in Table (9).

The phrase (16) shows that of the training programs are not suitable with the player's capabilities is not a cause of injury. This is contrary to the discussion of the results of the previous study and with the opinion of experts that the proportion must be proportional to the training dose and the player's physical and psychological potential.

phrase (17) shows that the absence of adequate rest periods between training units does not cause injury. Experts believe it is important to pay attention to the positive rest periods between training modules because this helps reduce infection rates. This is confirmed by Mohamed Tawfiq Al waLaily (2000) m that must provide the element of comfort to the player after each training dose performed as they vary depending on the goal and training method used [14].

The phrase (19) confirms that non-compliance with the rules and laws of the game is the cause of injury. This corresponds to the discussion of earlier results of this study and based on expert opinions.

The phrase (20) also shows that the incompatibility between the strength of the arms of the arms and legs during the competition does not cause the injury. Experts believe that attention should be given to all muscle groups that lead to activity and not to develop one at the expense of the other and that there should be harmony between muscle groups. This is confirmed by Osama Riyad (1982) that coordination and compatibility in the exercises of the muscle groups of the player and integration in the training of groups that require the nature of performance and not neglect other muscle groups so as not to cause injury [12].

The phrase (22) shows that return to training before the completion of treatment and rehabilitation of the injury is not a cause of recurrence of the injury. This is contrary to previous results of this study and based on expert opinions on the need to ensure the full recovery of the player from injury before returning to the stadium and continue to compete

phrase (23) also states that failure to take into account the correct position of the feet is not a cause of injury.

The phrase (24) shows that failure to observe the correct grip on the racket during performance does not cause injury. This is contrary to what was discussed earlier results of this study and based on expert opinions of the need to fix technical errors by the coach first-hand.

The phrase (25) shows that the places and parts most commonly used in the exercise are the most vulnerable.

The phrase (26) shows that playing in competition against competitor uses his left hand to playcompetitor is not a cause of injury.

The phrase (27) states that playing in the competition with a colleague uses his left hand does not cause injury

In the view of the researcher that the places and parts most used in the practice of play is the most vulnerable to injury based on a previous result of this study. Tables (5), (6), (7), (8).

Table (25) shows the differences between the (Arab and foreign) international players in the rate of approval of the terms of the reasons related to the axis of training reasons. It is clear from the words (2) that the failure of the coach to observe the principle of gradual increase in pregnancy is a cause of injury to Arab players. It is evident from the phrase (3) that the lack of use of the trainer for weight training to prepare the player physically cause injury to Arab players. The phrase (5) confirms that the coach prevents Arab players from training during injury. It is clear from the phrase (14) that lack of good warm-up during training or competition is the cause of injury to Arab players.The phrase (17) confirms that the lack of sufficient rest periods between the training units is the cause of injury to Arab players.

These phrase are positive responses that are consistent with previous results of this study and based on the opinions of the experts and demonstrate the high cultural awareness of training for the Arab players. The phrase (19) shows that non-compliance with the rules and laws of the game leads to injury to foreign players. It is also evident from the phrase (24) that failure to observe the correct grip on the racket during performance leads to injury to foreign players. The phrase (26) also confirms that playing in competition against the competitor uses his left hand to play is the cause of injury during the individual competition of foreign players. The phrase (27) also shows that playing in the competition with a fellow uses his left hand to play leads to injury to foreign players. The phrase (24) is a positive response and agrees with the discussion of the previous results of this study. The words (26) and (27) are attributed to the researcher to the possibility of weak psychological preparation of foreign players and thus the possibility of distraction and poor concentration [42,43].

Conclusions

In Light of the Research Objectives and the Framework of the Scientific Method Used, and by Presenting and Discussing the Results, the Researcher Reached the Following Conclusions

- The quality of injury to international players in order are (muscle rupture, muscle contraction, inflammation and sprains)

- Injuries to international players The order is (Middle degree. , the simple degree) and the least severe degree

- The places of injury for international players in order are (muscles, joints, ligaments, bones).

- The causes of injury to international players in terms of health are (Lack of interest in universal medical examination, Lack of interest in psychological tests, Not to conduct physiological tests before competition, Not to record injuries to their registry, The constant desire to win and excel within the championship, Failure

to observe the appropriate temperature in the place of training or competition, Failure to take into account the abnormal state of health during training or competition, Not enough sleep hours, Over-eating before training or competition, The use of doping in various forms, The existence of psychological pressure before training or competition, The lack of availability of primary medical service easily during training, Not to provide the club a health center for treatment and rehabilitation of injuries, Not to use sports massage).

- The causes of injury to international players in relation to In terms of preventive measures (pitch, drilling, stones, lack of maintenance of the stadium periodically, The lack of soundness of training places and their suitability, Not to planning the stadium well, The training ground changed from the competition court, Insufficient lighting in the stadium, Wearing inappropriate clothing and shoes).

- The causes were injuries to international players With regard to the training (The coach does not observe the principle of gradual training, Not to use the trainer for weight training , The coach does not consider the individual differences between the competitors during the training, The player's access to excessive stress during training , The coach's lack of interest in repairing technical errors, The coach did not explain how to avoid the wrong performance , The coach does not specify the quantities and types of food that the player deals with, Lack of good warm-up during training or competition, Lack of sufficient rest periods between training units , Non-compliance with the rules and Laws of the game, The incompatibility between the strength of the arms and legs, Return to training before the completion of treatment and rehabilitation).

- The quality of the injuries of the Arab players are (Myorrhexis , Sprained and Spasm muscle, wound, fractures, a herniated disc.) and the foreign players are (inflammation).

- The causes of injury among Arab players in terms of health are (Lack of interest in universal medical examination , The constant desire to win and excel in the championship , Non-compliance with medical examinations). When the foreign players were(Lack of interest in universal medical examination, It is the coach who makes the decision to return to the stadium, Excessive intake of fluids before training, Doping in different forms).

- The causes of injury to Arab players in terms of prevention is (Drilling, Stones , Seats, Nearby buildings, Playground, Failure to maintain and repair the stadium periodically, Not to resort to the stadium legal conditions , The existence of barriers to training floors) When the foreign players were (stadium, Drilling, Stones, Seats And nearby buildings).

- Causes of injury to Arab players in terms of training (The coach does not observe the principle of gradual increase in pregnancy, Lack of good warm-up during training or competition, Lack of adequate rest periods between training units) The foreign players were (non-compliance with the rules and laws of the game, Not to observe the correct grip on the racket during performance, Playing within the competition in front of a left-handed competitor, Play in competition with a left-handed colleague).

Recommendations

In the Light of the Research Results and Conclusions, the Researcher Is Recommended To

- Attention to universal medical examination.
- Attention to physical, psychological and physiological tests before competition.

- Create a record for each player and record his injuries.

- Attention to positive rest periods.

- Provide health centers clubs specialized in sports medicine and injuries to the stadium to treat and rehabilitate the player after injury.

- Pay attention to the court and maintenance during training or competition and make sure that they are free from any obstacles that may cause injury.

- Wear shoes suitable for the nature of the court as well as wear appropriate clothing.

- The need for a specialist Sports injuries and rehabilitation In a stadium Training or competition And be a specialist And holds a master's degree in the same specialization at least.

- The trainer should take into consideration the principle of gradual training.

- Attention to good warm-up during training or competition.

- Attention to food programs for players, but must establish a specialization in academic colleges to produce a nutritionist on the basis of scientific and sound, able to develop constructive food programs.

- Must abide by the rules and laws of the game and be patient and restraint.

- The importance of spreading cultural awareness about injuries and how to deal with them for players and this leads to avoid the causes of the infection and thus reduce them.

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