

Caracterización del componente motor del miembro inferior en un futbolista juvenil profesional

Characterization of a professional youth soccer player's lower extremity motor component

Caracterização do componente motor do membro inferior num futebolista juvenil profissional

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Resumen

El rendimiento de un deportista de alto nivel está influido por diversos factores. Entre ellos, los componentes motores tienen un impacto significativo en la complejidad de la coordinación motriz, principalmente en lo que respecta a la organización y ejecución de movimientos y a la planificación motora. El objetivo de este trabajo es caracterizar el componente motor de los miembros inferiores de un futbolista juvenil profesional colombiano. Se trata de un estudio de caso descriptivo con enfoque cuantitativo. Se analizó el componente motor del miembro inferior de un futbolista colombiano profesional de 20 años de edad. Se estudiaron las variables de flexibilidad, fuerza explosiva, fuerza muscular, baropodometría y estabilometría. Se observaron diferencias en el segmento corporal derecho, principalmente en las pruebas de flexibilidad del tronco (Flexibilidad Back Saber, 90/90° y Thomas), así como en las pruebas de estabilidad y baropodometría. Se observa también una mayor distribución de la carga sobre el pie izquierdo (65 %), que es ligeramente cavo, lo que concuerda con cambios significativos en las pruebas de estabilidad corporal estática y baricentro corporal, que demuestran una alteración del componente motor. Las capacidades de flexibilidad y estabilometría son las que presentan una mayor modificación, lo que aumenta la probabilidad de sufrir una lesión deportiva. Se sabe que las alteraciones en el componente motor reducen la probabilidad de sufrir de lesiones en los futbolistas.

Palabras clave: componente motor, coordinación motora, lesiones deportivas, rendimiento deportivo.

Abstract

The performance of an elite athlete is influenced by several factors. Among them, the motor components have a significant impact on the complexity of motor coordination, mainly with regard to the organization and execution of movements and motor planning. The objective of this work is to characterize the motor component of the lower limbs of a Colombian professional youth soccer player. This is a descriptive case study with a

quantitative approach. The motor component of the lower limb of a 20-year-old Colombian professional soccer player was analyzed. The variables of flexibility, explosive strength, muscular strength, baropodometry and stabiometry were studied. Differences were observed in the right body segment, mainly in the trunk flexibility tests (back saber flexibility test, 90/90° test, and Thomas test), as well as in the stability and baropodometry tests. A greater load distribution was observed in the left foot (65%), which is slightly cavus, consistent with significant changes in the static body stability and body barycenter tests, demonstrating an alteration in the motor component. Flexibility and stabiometry show a greater change, which increases the likelihood of sports injuries. Changes in the motor component are known to reduce the likelihood of injury in football soccer players.

Keywords: motor component, motor coordination, sports injuries, sports performance.

Resumo

O desempenho de um atleta de alto nível é influenciado por diversos fatores. Entre eles, os componentes motores têm um impacto significativo sobre a complexidade da coordenação motora, especialmente no que diz respeito à organização e execução de movimentos e ao planejamento motor. O objetivo deste trabalho é caracterizar o componente motor dos membros inferiores de um futebolista juvenil profissional colombiano. Trata-se de um estudo de caso descritivo com abordagem quantitativa. Analisou-se o componente motor do membro inferior de um futebolista profissional colombiano de 20 anos. Foram estudadas variáveis de flexibilidade, força explosiva, força muscular, baropodometria e estabilometria. Foram observadas diferenças no segmento corporal direito, especialmente nos testes de flexibilidade do tronco (Back Saber Flexibility, 90/90° e Thomas), bem como nos testes de estabilidade e baropodometria. Uma maior distribuição de carga também é observada no pé esquerdo (65 %), que é ligeiramente cavo, o que é consistente com alterações significativas nos testes de estabilidade estática e de baricentro do corpo, demonstrando uma alteração no componente motor. A flexibilidade e as habilidades estabilométricas são as mais

prejudicadas, aumentando a probabilidad de lesiones deportivas. Sabe-se, entretanto, que alterações no componente motor reduzem a probabilidade de lesiones em futebolistas.

Palavras-chave: componente motor, coordenação motora, lesiones deportivas, desempenho esportivo.

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