

INJURY IN CROSSFIT BEGINNERS/INTERMEDIARIES PARTICIPANTS: A SYSTEMATIC REVIEW

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Introduction: Injury can occur due to several factors, which makes it extremely difficult to conduct cause and effect studies by controlling and evaluating a specific variable. Common reason for the appearance of injuries is poor physical preparation for the proposed training load, a factor that is more present in beginner and intermediate practitioners in different modalities. Among the high intensity training, CrossFit has been gaining a great deal of attention in recent years due to its dynamic mix of varied sports. Beginning and intermediate level people are the most found in CrossFit boxes, so is needed understand how training can be effective for them (aiming for safety and injury rate).

Aim: the present study aims to verify the studies published in the last two decades relating injury index in beginners/intermediate CrossFit practitioners.

Methods: We used only original articles, between 2000 and 2019 (June), with the search for the word "CrossFit" in the databases: Pubmed, Cochrane, Google Scholar, Scopus, PEDro, Web of Science, SciELO, LILIACS and Bireme / MedLine. Studies in Portuguese, English or Spanish were eligible.

Results: We considered available after screening 14 articles that met the inclusion criteria of the present review. The most common area of injury in beginner and intermediate practitioners was in the shoulder segment. There are functional morphological mechanisms that make the lesion more favorable to these groups, among them life habits and anatomic / physiological body disposition.

Conclusion: We can conclude that CrossFit is a safe sport training that can help any people improving their abilities, but is necessary large knowledge to teach it, mainly in beginner and intermediary level, where they are more expose to have injury.

Key words: Training; HIIT; lesion.