

# An unexpected result of playing football: Anal laceration

**id** Muhammed Ekmekyapar, **id** Muhammet Gokhan Turtay, **id** Hakan Oguzturk, **id** Sukru Gurbuz, **id** Mehmet Ediz Sarihan, **id** Eren Yigit, **id** Omer Faruk Solgun

Department of Emergency Medicine, Faculty of Medicine, Inonu University, Malatya, Turkey

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## Abstract

Severe anal region injuries are rarely seen in emergency departments, but these injuries may be associated with morbidity and mortality. This case report aims to present a patient whose anal region was injured in a sports accident. An 18-year-old male patient was admitted to the emergency room because of a knee blow to his anal region while playing football. In the anamnesis of the patient was determined pain and laceration in the anal region. The patient had no additional complaints. On physical examination of the patient; approximately 2-3 cm of laceration was observed around the patient's anal region, extending from the anal mucosa at the 7 o'clock direction. The patient was operated by a general surgeon and discharged after 1 day of hospitalization at the general surgery service. It should not be forgotten that there may be anal region traumas during football matches, one of the common sports. People should be careful to protect themselves from physical blows that can occur when playing football.

**Keywords:** Anal laceration; injury; football

## INTRODUCTION

Severe anal region injuries are rarely seen in emergency departments, but these injuries may be associated with morbidity and mortality. Since blood vessels and nerve structures are common in the pelvis, serious bleeding and nerve injuries can occur. In this region to possible reasons of trauma are conditions such as accidents, birth, sexual trauma, and child abuse. This case report aims to present a patient whose anal region was injured in a sports accident.

## CASE REPORT

An 18-year-old male patient was admitted to the emergency room because of a knee blow to his anal region while playing football. In the anamnesis of the patient was determined pain and laceration in the anal region. The patient had no additional complaints. On physical examination of the patient; fever was 36.7°C, pulse was 64/min, blood pressure was 132 / 87mmHg, respiratory rate was 16/min. Approximately 2-3 cm of laceration was observed around the patient's anal region, extending from the anal mucosa at the 7 o'clock direction (Figure 1). The patient had no additional trauma, and other system examinations were normal. For the patient's pain, the patient was administered narcotic analgesics. The results of blood tests on the patient were normal. General surgical consultation was requested for the patient. The patient

was operated by a general surgeon and discharged after 1 day of hospitalization at the general surgery service.



**Figure 1.** Approximately 2-3 cm of laceration, at the 7 o'clock position, around the anus

## DISCUSSION

Although anorectal injuries occur as a result of anal intercourse, vaginal delivery and trauma, we also encounter child abuse. Our case applied to our emergency room with sports trauma that occurred with knee blow

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**Corresponding Author:** Muhammet Gokhan Turtay, Department of Emergency Medicine, Faculty of Medicine, Inonu University, Malatya, Turkey **E-mail:** [mgturtay@gmail.com](mailto:mgturtay@gmail.com)

to the anal area while playing football. There are many studies on sports injuries. One of these studies analyzed the frequency and characteristics of injury to Portuguese amateur football players (1). In this study, 248 injuries were examined and the players found that lower extremity injuries were higher than upper extremities. Ergun et al. (2) and Owoeye et al. (3) reported similar results. The lower extremity injuries were estimated account for about 60% to 90% of all football injuries (4,5). In most studies, the most injured area was identified as the thigh (4,6-8). Football is a very competitive and widespread sport that causes traumatic injuries. In another study (9), the most common injuries are contusion, tension and sprains in the lower extremities, which is consistent with the results reported in the literature. In our case, the patient had no additional trauma outside the anorectal region. Anorectal lacerations are rare among injuries caused by sports, but they should not be overlooked. Complete and detailed physical examination should be done for other injuries and findings, including emotional, developmental and behavioral indicators, which may be associated with anorectal abnormality and abuse.

## CONCLUSION

It should not be forgotten that there may be anal region traumas during football matches, one of the common sports. People should be careful to protect themselves from physical blows that can occur when playing football.

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