**Lemon - segments 324-248 - Sabrina Anhaia, Ariane Chaia and Marianna Imaregna**

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| 324 | Ao considerar essa taxa o surf parece ser um esporte relativamente seguro, pois outros esportes, como o futebol australiano, apontam uma taxa de lesão de 25,7 lesões por 1.000 horas jogadas. | Considering this rate, surfing seems to be a relatively safe sport, since other sports, such as Australian football, show an injury rate of 25.7 injuries per 1,000 hours played. | When considering this rate *surfing* appears to be relatively safe, for sports such as Australian football show a 25.7 injuries injury rate per 1000 hours played. |
| 325 | Quanto à prevalência do tipo das lesões é possível verificar que a maioria delas ocorre no sistema tegumentar (lacerações e queimaduras) representando 46,6% dos acometimentos, seguidos por 28,1% de lesões musculares (contusões e estiramentos), 14,6% de lesões ligamentares (entorse), restando apenas 3,4% para lesões articulares (luxações) e 1,1% para lesões ósseas (fraturas). | Regarding the prevalence of the type of injuries, it can be seen that that the majority of them occurs in the integumentary system (lacerations and stings), representing 46.6% of the cases, followed by 28.1% of muscle injuries (contusions and strains), 14.6% of ligament injuries (sprains), with only 3.4% for joint injuries (dislocations) and 1.1% for bone injuries (fractures). | Regarding the prevalence of the type of lesions, it is possible to verify that the majority occurs in the integumentary system (lacerations and burns), representing 46.6% of the cases, followed by 28.1% of muscular injuries (contusions and stretches), 14.6% of (Sprain), remaining only 3.4% for joint injuries (dislocations) and 1.1% for bone lesions (fractures). |
| 326 | Steinman et al. (6) relata que 44% das lesões são do tipo lacerações e 17% compreendiam as contusões assim como Moran e Webber (22), que afirmam em seu estudo que lacerações (59%) e contusões (15%) foram responsáveis pela maior parte das lesões. | Steinman et al. (6) report that 44% of injuries are lacerations and 17% comprised contusions, as well as Moran and Webber (22), who stated in their study that lacerations (59%) and contusions (15%) were responsible for the majority of the injuries. | Steinman *et al.* (6) reported that 44% of lesions were lacerations and 17% comprised bruises, as did Moran and Webber (22), who stated in their study that lacerations (59%) and contusions (15%) accounted for most Of the lesions. |
| 327 | Já no estudo de Base et al. (7) a maioria das lesões encontradas em surfistas profissionais foram as contusões (29%), seguida das lacerações (23%). | In the study of Base et al. (7), most of the injuries found in professional surfers were contusions (29%), followed by lacerations (23%). | In the study Base *et al.* (7) most of the injuries found in professional surfers were injuries (29%), followed by lacerations (23%). |
| 328 | O estudo de Moraes, Guimarães e Gomes (10), apontou que o tipo de lesão prevalente foi à contusão (29%). | The study of Moraes, Guimarães and Gomes (10), showed that the prevalent type of injury was contusion (29%). | The study by Moraes, Guimarães and Gomes (10) showed that the prevalent type of injury was contusion (29%). |
| 329 | Já, Mitchell, Brighton e Sherker (23) indicam em seu estudo que a contusão apresentou 25,3% e as lacerações 19,1% do total das lesões durante o treinamento e competição de surf. | Mitchell, Brighton and Sherker (23) indicate in their study that contusions comprised 25.3%, while lacerations comprised 19.1% of the total injuries during surfing training and competition. | Already, Mitchell, Brighton and Sherker (23) show in their study that the injury had 25.3% and lacerations 19.1% of all injuries during training and *surfing* competition. |
| 330 | Woodacre, Waydia, e Wienand-Barnett (24) concluíram que as lacerações corresponderam a 31% das lesões seguidos de contusão (24%) e Nathanson et al. (9), apontam que as lacerações e as contusões foram o 2º e o 3º tipo de lesão mais frequente, respectivamente. | Woodacre, Waydia, and Wienand-Barnett (24) found that lacerations corresponded to 31% of the injuries followed by contusions (24%). In addition, Nathanson et al. (9), show that lacerations and contusions were the second and third most common type of injury, respectively. | Woodacre, Waydia, and Wienand-Barnett (24) concluded that the lacerations corresponded to 31% of injury lesion followed (24%) and Nathanson *et al.* (9), show that lacerations and contusions were the 2nd and 3rd most frequent type of lesion, respectively |
| 331 | Dentre os locais mais acometidos, levando-se em consideração o tipo de lesão, foi observado que 44,9% (n=80) das lesões acometeram os membros inferiores, sendo o sistema tegumentar o mais atingido (lacerações e queimaduras), 20,2% (n=36) os membros superiores, sendo o sistema muscular o mais atingido (contusões e estiramentos), 18,5% (n=33) a cabeça, sendo o sistema tegumentar o mais atingido e 16,3% (n=29) o tronco, sendo o sistema muscular o mais atingido. | Among the most affected areas, considering the type of injury, it was observed that 44.9% (n = 80) of injuries affected the lower limbs, with the integumentary system being the most affected (lacerations and stings); 20.2% (n = 36). Upper limbs were also altered, with the muscle system being the most affected (contusions and strains); 18.5% (n = 33) the head, being the integumentary system the most affected; and 16.3% (n = 29) the trunk, being the muscle system the most affected. | Among the most affected sites, considering the type of lesion, it was observed that 44.9% (n = 80) of the lesions affected the lower limbs, with the tegmental system being most affected (lacerations and burns), 20.2 (N = 36) the upper limbs, with the muscular system most affected (contusions and stretches), 18.5% (n = 33) the head, being the tegumentary system the most affected and 16.3% (n = 29) ) The trunk, being the muscular system most affected. |
| 332 | Corroborando com esses resultados, Steinman et al. (6) relatam que as lacerações mais frequentes foram nos membros inferiores, sendo os pés (22%) e pernas (11%) os locais mais acometidos. | Corroborating with these results, Steinman et al. (6) reported that the most frequent lacerations were s in the lower limbs. Feet (22%) and legs (11%) were the most affected areas. | Corroborating, Steinman *et al.(* 6) report that the most frequent lacerations were in the lower limbs, with the feet (22%) and legs (11%) being the most affected sites. |
| 333 | Moraes, Guimarães e Gomes (10) também concluíram que as lacerações na região dos pés foram as mais frequentes (9%). | Mathur, Guimarães and Gomes (10) also observed that lacerations in the feet were the most frequent (9%). | Moraes, Guimarães and Gomes (10) also concluded that lacerations in the feet were the most common (9%). |
| 334 | Nathanson et al. (9) sugerem que as lesões mais comuns no surf amador são lacerações na cabeça e nos membros inferiores. | Nathanson et al. (9) suggest that the most common injuries in amateur surfing are lacerations on the head and on lower limbs. | Nathanson *et al.* (9) suggest that the most common injuries in amateur *surfing* are lacerations on the head and legs. |
| 335 | Moran e Webber (21) afirmam que a cabeça foi o local mais acometido pelas lesões (32%), sendo a causa principal contusão (50%). | Moran and Webber (21) affirmed that the head was affected by injuries the most (32%), the main cause being contusion (50%). | Moran and Webber (21) stated that the head was the site most affected by the lesions (32%), the main cause being contusion (50%). |
| 336 | Furness et al. (25) relatam que a região inferior das costas correspondeu a 23,2%, os ombros 22,4% e os joelhos 12,1% do total de lesões crônicas, mas os autores não associam qual o tipo de lesão mais incidente por local. | Furness et al. (25) reported that the lower back corresponded to 23.2% of the total chronic injuries, followed by 22.4% for the shoulders, and 12.1% for the knees, but the authors did not associate which type of injury was the most recurrent per area. | Furness *et al.* (25) reported that the lower back region corresponded to 23.2%, shoulders 22.4% and knees 12.1% of total chronic lesions, but did not associate which type of injury most incident per site. |
| 337 | Logo, pode-se sugerir que os surfistas do litoral paranaense apresentam os tipos similares de lesões aos relatados em outras localidades do Brasil e no mundo, sendo as lacerações e contusões as mais frequentes e o local de maior acometimento os membros inferiores. | Therefore, it can be suggested that the surfers of the coast of Paraná presented the same types of injuries in relation to those reported in other locations in Brazil and in the world: the most frequent injuries were lacerations and contusions, while the lower limbs were the most affected areas. | Therefore, it can be suggested that the surfers of the coast of Paraná have the same types of lesions similar to those reported in other locations in Brazil and in the world, with lacerations and contusions being the most frequent and the site of major involvement of the lower limbs. |
| 338 | No estudo de Base et al. (8), o estiramento muscular teve prevalência de 12,5%. | In the sutdy of Base et al. (8), muscle strain had a prevalence of 12.5%. | In the study Base *et al.* (8), muscle stretching had a prevalence of 12.5%. |
| 339 | No estudo de Steinman et al. (7), esta lesão foi responsável por 9,6% no total de lesões. | In the study of Steinman et al. (7), this injury was responsible for 9.6% of total injuries. | In the study by Steinman *et al.* (7), this lesion accounted for 9.6% of total lesions. |
| 340 | Em nosso estudo, o estiramento muscular foi relatado como lesão do sistema muscular (junto com as contusões) sendo 28,1% do total das lesões, semelhante ao estudo de Furness (21) que relatou 30,3% das lesões no sistema muscular. | In our study, muscle strain was reported as a muscle system injury (along with contusions) representing 28.1% of the total injuries, similar to the study of Furness (21) which reported that 30.3% of the injuries were in the muscle system. | In our study, muscle stretching was reported as a lesion of the muscular system (along with the contusions), being 28.1% of the total lesions, similar to Furness's study (21), which reported 30.3% of the lesions in the muscular system. |
| 341 | Devido a isto a comparação com alguns estudos fica limitada por conta dos critérios metodológicos, | Therefore, the comparison with some studies is limited due to methodological criteria. | Due to this the comparison with some studies is limited due to methodological criteria. |
| 342 | como por exemplo nos estudos de Lowdon, Pateman & Pitman (26) e Lowdon et al., (27), em que entorse e estiramentos foram quantificados juntos como lesão musculoligamentar. | As an example, there are the,studies of Lowdon, Pateman & Pitman (26) and Lowdon et al., (27) in which sprains and strains were quantified together as muscle-ligament injuries. | Similarly, in the studies of Lowdon, Pateman & Pitman (26) and Lowdon *et al.,* (27) wherein sprain and stretching were quantified together as musculoligamentar injury. |
| 343 | A entorse, relatada como lesão no sistema ligamentar em nosso estudo, obteve 14,6% do total de lesões e foi mais prevalente nos membros inferiores (10,7%), sendo que o principal causador delas foram as manobras (10,1%). | Sprain, reported as an injury in the ligament system in our study, obtained 14.6% of the total injuries, with prevalence in the lower limbs. The main responsible for this type of injury were the maneuvers (10.1%). | Sprain, reported as a lesion in the ligament system in our study, obtained 14.6% of the total lesions and the main causative agent was the maneuvers (10.1%), more prevalent in the lower limbs (10.7%). |
| 344 | No estudo de Moraes, Guimarães e Gomes (10) a entorse apareceu com 9% entre o total das lesões e as manobras também foram as principais responsáveis por esse tipo de lesão (47%), atingindo principalmente os membros inferiores, semelhante aos achados de nosso estudo. | In the study of Moraes, Guimarães and Gomes (10) sprain appeared with 9% of the total of injuries. In this study, the maneuvers were also the main responsible for this type of injury (47%), affecting mostly the lower limbs, similar to the findings of our study. | In the study by Moraes, Guimarães and Gomes (10) sprain appeared with 9% of total injuries and maneuvers were also the main responsible for this type of injury (47%), mainly affecting the lower limbs, similar to the findings of Our study. |
| 345 | Woodacre, Waydia e Wienand-Barnett (24) apontam que as entorses articulares foram o terceiro tipo mais frequente de lesão (15%). | Woodacre, Waydia and Wienand-Barnett (24) indicate that joint sprains were the third most frequent type of injury (15%). | Woodacre, and Wienand Waydia-Barnett (24) indicate that the joint sprains are the third most frequent type of lesion (15%). |
| 346 | Da mesma forma, Taylor et al. (20) relatam que esse tipo representou 28,6% do total das lesões, porém os achados de Steinman et al. (6) indicam que apenas 6% do total das lesões eram entorses articulares. | At the same time, Taylor et al. (20) reported that this type represented 28.6% of total injuries, but the findings of Steinman et al. (6) indicate that only 6% of total injuries were joint sprains. | Since Taylor *et al.* (20) reported 28.6% injury of the total, but the findings Steinman *et al.* (6) indicate only 6% of the total lesions. |
| 347 | As lesões articulares (luxações) ocorreram em apenas 3,4% do total de lesões assim como no estudo de Steinmanet al. (6), onde foram relatadas luxações em 3,0% dos entrevistados. | Joint injuries (dislocations) occurred only in 3.4% of the total number of injuries as well as in the study of Steinman et al. (6), in which dislocations were reported by 3.0% of respondents. | The articular lesions (dislocations) observed in only 3.4% of the total injury as in the study Steinman *et al.* (6), where dislocations were reported in 3.0% of respondents. |
| 348 | Já no estudo de Base et al. (7) e Nathanson, Hyanes e Galanins (28) não foram encontradas queixas de luxações. | In the study of Base et al. (7) and Nathanson, Hyanes and Galanins (28) no complaints of dislocations were found. | In the study Base *et al.* (7) and Nathanson, Hyanes and Galanins (28) no complaints of dislocations were found. |