

16<sup>th</sup> International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**  
&**17<sup>TH</sup> WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**The relationship between tramadol intake and high sports injuries among amateur football players in Egypt****Mohamed Ouda**

Benha University, Egypt

**T**ramadol is one of the most famous drugs that have recently been published in the sports center. It is a semi-opioid drug used to treat moderate to severe pains such as nerve, muscle, spinal column and arthritis pain. It can also be used to treat pain caused by surgery. Tramadol have similar effect of Codeine and Morphine. Treatment by using tramadol without the knowledge of the doctor or in quantities exceeding than quantity allowed for any person due to addiction to him were treated like drug abuse in various forms. It is worth mentioning that young Egyptian people are associated with the misconceptions that the realms of the tramadol increase the physical ability, relieve pain and improve sexual ability. Tramadol used for long period have several symptoms such as temporary amnesia, irregular heartbeat, high blood pressure, renal failure, osteoporosis, dizziness, difficulty breathing and occasional apnea. This study aims to identify the relationship between the tramadol intake and occurrence of sports injuries among the amateur football players and relationship between the use of tramadol and the occurrence of different type of sports injuries among amateur football players. In light of the current study requirements, the researcher used the descriptive method in the survey. In this study, the sample of the research was selected in a deliberate manner from the football players in the open stadiums in Qalyubia Governorate. Total 1054 players were included in the study. A questionnaire form designed by the researcher to identify the impact of real effects of tramadol on high rates of sports injuries among amateur football players. From the results, it is concluded that, there is a relationship between tramadol intake and the occurrence of sports injuries among amateur football players.

dr.ouda2012@yahoo.com  
mohamed.salem@feed.bu.edu.eg