

Center (Madrid, Spain) during the validation study of the OSTRC-H2 Spanish questionnaire.

Patients (or Participants) Fifty-four elite athletes (swimming, waterpolo and artistic swimming), from 12 to 18 years old.

Interventions (or Assessment of Risk Factors) During 10 consecutive Sundays, athletes completed online the Spanish OSTRC-H2 questionnaire and 2 questions proposed by the *Fédération Internationale de Natation* about time-loss of activity. Athletes with musculoskeletal complaints were sent by coaches to Physiotherapy consultations, carried out three times a week.

Main Outcome Measurements Injured athletes (time-loss injury or 'all complaints') and floor and ceiling effects of severity scores (OSTRC-H2 score and total and partial self-reported days/week of time-loss).

Results Thirty-six athletes reported injury complaints through the OSTRC-H2 questionnaire. Twenty reported at least one time-loss injury. Physiotherapy consultations detected 41% of the athletes with injury complaints and 35% of those with time-loss injuries. All requests for consultation were attended. Injury severity measures showed different floor and ceiling effects (84% and 4% for total time-loss; 71% and 12% for partial time-loss; 6% and 3% for OSTRC-H2 score).

Conclusions The OSTRC-H2 Spanish questionnaire has shown greater ability to detect young injured athletes than a method based on physiotherapy consultations. Moreover, OSTRC-H2 severity score has shown greater comprehensiveness than a self-reported time-loss approach.

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EPIDEMIOLOGY OF YOUTH INJURIES ACROSS SEVEN SPORTS AT A SINGLE COLLEGE IN ENGLAND

^{1,4}Craig Barden, ⁵Ken Quarrie, ^{1,2}Carly McKay, ^{1,3}Keith Stokes. ¹Department for Health, University of Bath, Bath, BA2 7AY, UK., Bath, UK; ²Centre for Motivation and Health Behaviour Change, University of Bath, Bath, BA2 7AY, UK., Bath, UK; ³Rugby Football Union, Twickenham, TW2 7BA, UK, London, UK; ⁴SGS Sport, South Gloucestershire and Stroud College, Bristol, BS34 8LP, UK, Bristol, UK; ⁵New Zealand Rugby, Wellington, New Zealand, Wellington, New Zealand

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Background There is increasing drive to assess injury risk in youth sports, given the potential health risks associated with participation. However, many studies focus upon a single sport and comparison between studies is often difficult due to varied injury definitions and methodologies.

Objective To investigate overall injury risk in youth collegiate sports at a single site using consistent data collection methods and injury definitions, and to compare between sports.

Design Retrospective cohort study (2015–2019).

Setting One elite sports college in England.

Participants Under-17 to under-19-year-old athletes enrolled in seven college teams [male American football, basketball, football, rugby league, rugby union; female football and rugby union].

Main outcome measures Injuries (>24-hour time loss) and match exposure were recorded on a standardised report form by college medical staff. Descriptive statistics [percentages, median, range, 95% confidence-intervals (95% CI)] and injury incidence (per 1000 player-match-hours) are reported.

Results In total, 322 injuries were sustained by 240 athletes in 10,273 hours of match exposure. Overall injury incidence was 31.3/1000h (95% CI 28–35) with a median severity of 23 days lost (1–427). Lower limb (52%) injuries were most common, followed by head/neck (26%), whilst 60% of injuries resulted from player contact. American football had the greatest injury incidence (85.9/1000h; 95% CI 61–120). Female rugby union (53.4/1000h; 95% CI 37–76), male rugby union (51.2/1000h; 95% CI 43–61) and basketball (42.9/1000h; 95% CI 25–72) had a substantially greater injury incidence than male football (15.9/1000h; 95% CI 13–20) and female football (21.3/1000h; 95% CI 14–33), but not rugby league (23.7/1000h; 95% CI 12–46).

Conclusions Common injury characteristics were identified across all sports. Despite being non-contact, basketball had higher injury risk than three other sports, which warrants further investigation. This study highlights the benefits of consistent data collection methods and injury definitions across sports, particularly in youth settings.

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YOUTH VOLLEYBALL, BASKETBALL AND FUTSAL ATHLETES PERFORMANCE ON Y-TEST OVER THE SPORTS SEASON

¹Renato de Paula da Silva, ¹Ellen Exmalte de Castro Aguiar, ²Leandro César Garcia, ²Felipe Ribeiro Pereira, ²Silvanio Miranda Signoretti Júnior, ¹Renan Alves Resende, ²Natália FN Bittencourt. ¹UFMG – Universidade Federal de Minas Gerais, Belo Horizonte, Brazil; ²Minas Tênis Clube, Belo Horizonte, Brazil

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Background Musculoskeletal assessment is very important for injuries prevention and should be made in different moments of sports season. Dynamic lower limb stability is an essential parameter for a good performance, and it can be assessed by Y-Test.

Objective To compare Y-Test performance during 3 different moments of an entire season in young futsal, volleyball and basketball athletes of a Brazilian sports club.

Design Observation (prospective).

Setting One club facility in Brazil.

Patients (or Participants) 90 male athletes divided in: jumpers (volleyball and basketball, 64 subjects); runners (futsal, 26 subjects).

Interventions (or Assessment of Risk Factors) All subjects performed Y-Test, which involves reaches with contralateral leg the furthest distance while maintaining single-leg stance in three directions (anterior, posteromedial, and posterolateral) in three different moments of the year.

Main Outcome Measurements Asymmetry between legs in each direction and composite scores (average between normalized distances in each direction divided by leg length).

Results ANOVA repeated measures were used in statistical analysis ($p < 0,05$). Regarding asymmetry, the results showed significant difference only in the posteromedial direction of jumpers group ($p = 0,003$), indicating an improvement throughout the season. Runners did not present any difference. In relation to composite scores, it was found a statistically significant difference in the non-dominant leg in runners' group ($p = 0,016$), suggesting a decline of performance on Y-Test during the season. Moreover, the results found the dominant leg were bordering p value ($p = 0,06$ in jumpers and $p = 0,0502$ in