**Supplementary Table 5: Diagnostic categories of injury-related medical encounters by main anatomical region and more common injury types / diagnosis (modified from OSICS 10.1)**

|  |  |
| --- | --- |
| **Main anatomical region** | **Injury type / diagnosis** |
| Head Injuries |
|  | Head / Facial Bruising/ Haematoma |
|  | Head laceration/ abrasion |
|  | Facial Muscle and/or Tendon strain/ spasm/ trigger points |
|  | Facial Joint sprain/ injury |
|  | Facial Dislocation |
|  | Head/ Facial fracture |
|  | Concussion/ Brain Injury |
|  | Concussion |
|  | Intracranial bleed |
|  | Head Organ Damage (including eye, ear, mouth injury; excluding haematoma, laceration) |
|  | Eye injury/ trauma |
|  | Ear trauma |
|  | Dental Injury |
|  | Head Pain/ Injury (Other / not specified) |
| Neck Injuries |
|  | Neck Soft Tissue Bruising/ Haematoma |
|  | Neck Laceration/ Abrasion |
|  | Whiplash |
|  | Neck muscle and/or tendon strain/spasm/ trigger points |
|  | Cervical Spine Facet Joint injuries |
|  | Cervical Disc Injury |
|  | Neck Fracture |
|  | Cervical Fracture/s |
|  | Laryngeal fracture |
|  | Neck Organ Damage |
|  | Neurological Neck Injury |
|  | Cervical nerve root compression/ stretch (proximal burner/ stinger) |
|  | Cervical spinal cord injury |
|  | Cervical spinal column degenerative disc disease/ arthritis  |
|  | Cervical Vascular Injury |
|  | Neck Pain/ Injury (Other / not specified) |
| Shoulder Injuries |
|  | Shoulder Soft Tissue Bruising/ Haematoma |
|  | AC Joint contusion |
|  | Shoulder Soft Tissue Laceration/ Abrasion |
|  | Shoulder muscle strain/ spasm/ trigger points |
|  | Shoulder Tendon Overuse Injury/ Strain |
|  | Acute Shoulder Sprains/ Subluxation |
|  | Glenohumeral joint sprains |
|  | Acromioclavicular joint sprain |
|  | Shoulder Osteochondral Lesion |
|  | Acute Shoulder Dislocation |
|  | Anteroinferior shoulder dislocation |
|  | Inferior shoulder dislocation |
|  | Posterior shoulder dislocation |
|  | Chronic Shoulder instability |
|  | Shoulder impingement/ Synovitis |
|  | Shoulder Fractures |
|  | Clavicular fracture |
|  | Scapula fracture |
|  | Humerus Fracture |
|  | Shoulder Neurological/ vascular injury ( excl. non mechanical nerve problems - see MNXX)  |
|  | Shoulder Osteoarthritis |
|  | Shoulder Pain/ Injury (Other / not specified) |
| Upper Arm Injuries ( between the shoulder and the elbow) |
|  | Upper Arm Soft Tissue Bruising/ Haematoma |
|  | Upper Arm Laceration/ Abrasion |
|  | Upper Arm Muscle Strain/ Spasm/ Trigger points |
|  | Upper Arm Tendon Injury |
|  | Upper Arm Fracture |
|  | Upper Arm Bony Stress / Overuse Injury |
|  | Other Upper Arm Overuse Injury |
|  | Upper Arm neurological injury |
|  | Upper Arm Vascular Injury |
|  | Upper Arm Pain/ Injury not otherwise specified |
| Elbow Injuries |
|  | Elbow Soft Tissue Bruising/ Haematoma |
|  | Elbow Laceration/ Abrasion |
|  | Elbow Muscle Strain/ Spasm/ Trigger Points |
|  | Elbow Tendon Injury |
|  | Lateral epicondylopathy |
|  | Medial epicondylopathy |
|  | Elbow Joint Ligament Sprain |
|  | Elbow Osteochondral Injury  |
|  | Elbow Dislocation |
|  | Anterior elbow dislocation |
|  | Posterior elbow dislocation |
|  | Dislocated radial head |
|  | Elbow Instability |
|  | Elbow Impingement/ Synovitis |
|  | Elbow Stress/ Overuse Injuries including stress fractures |
|  | Elbow Neurological Injury/ Entrapment |
|  | Elbow Osteoarthritis |
|  | Elbow Pain/ Injury (Other / not specified) |
| Forearm Injuries ( between Elbow and Wrist) |
|  | Forearm Soft Tissue Bruising/ Haematoma |
|  | Forearm Laceration/ Abrasion |
|  | Forearm Muscle Injury |
|  | Forearm Tendon Injury |
|  | Forearm fracture(s) |
|  | Fracture radius and ulna midshaft |
|  | Fracture radius midshaft |
|  | Fractured ulna midshaft |
|  | Other Stress/ Overuse injuries to Forearm |
|  | Forearm Neurological Injury |
|  | Forearm Vascular Injury |
|  | Forearm Pain/ Injury (Other / not specified) |
| Wrist Injuries |
|  | Wrist and Hand Soft Tissue Bruising/ Haematoma |
|  | Wrist and Hand Laceration/ Abrasion |
|  | Wrist and Hand Muscle Injury |
|  | Wrist and Hand Tendon Injury |
|  | Wrist and Hand Joint Injury (including minor avulsion fracture) |
|  | Wrist and Hand Osteochondral/ Chondral Injury |
|  | Wrist and Hand Dislocations (including minor avulsion fractures) |
|  | Chronic Wrist or Hand Instability |
|  | Wrist and Hand Impingement/ Synovitis |
|  | Wrist and Hand Fractures |
|  | Fracture of distal radius +/- ulna |
|  | Fracture of distal ulna |
|  | Scaphoid fracture |
|  | Fractured hamate |
|  | Fractured trapezium |
|  | Fracture other carpal bone |
|  | Fractured thumb |
|  | Fracture metacarpals 2- 5 |
|  | Fracture finger(s) (excluding avulsion fractures |
|  | Wrist and Hand Stress/ Overuse Injuries (including stress fractures) |
|  | Wrist and Hand Neurological Injury |
|  | Wrist and Hand Vascular Injury |
|  | Wrist and Hand Osteoarthritis |
|  | Other Wrist and Hand Pain/ Injury (Other / not specified) |
| Chest Injury |
|  | Chest Wall Soft Tissue Bruising/ Haematoma |
|  | Chest Wall laceration/ Abrasion |
|  | Chest Muscle or Tendon strain/ spasm/ trigger points |
|  | Chest Joint Sprains |
|  | Sternoclavicular Sprain |
|  | Chest Dislocations |
|  | Sternoclavicular Dislocation |
|  | Chest Joint Instability |
|  | Synovitis of Chest Joint |
|  | Chest Fracture(s) |
|  | Rib Fracture(s) |
|  | Sternal fracture |
|  | Fracture of costochondral margin |
|  | Chest Cavity Injury |
|  | Pneumothorax |
|  | Haemothorax |
|  | Cardiac Contusion Injury |
|  | Chest injury (Other / not specified) |
| Trunk and Abdominal Injury |
|  | Abdominopelvic Soft Tissue Bruising/ Haematoma (excluding bruised organs) |
|  | Truncal Laceration/ Abrasion |
|  | Truncal Muscle Strain/ Spasm/ Trigger points |
|  | Abdominal Tendon Injury |
|  | Abdominal Biomechanical Injury |
|  | Abdominal Organ Injury |
|  | Spleen trauma |
|  | Intestinal trauma |
|  | Liver trauma |
|  | Pancreatic trauma |
|  | Kidney trauma |
|  | Multiple organ trauma |
|  | Other organ trauma not otherwise specified |
|  | Pelvic Organ Injury |
|  | Genital Injury |
|  | Bladder trauma |
|  | Abdominal pain (Other / not specified) |
| Thoracic Spine Injury (including Thoracolumbar Junction) |
|  | Thoracic Soft Tissue Bruising/ Haematoma |
|  | Thoracic Laceration/ Abrasion |
|  | Thoracic Muscle and Tendon Strain/ Spasm/ Trigger Points |
|  | Thoracic spine Joint Injury |
|  | Thoracic Disc Injury |
|  | Thoracic Spine Fracture |
|  | Thoracic Postural Syndrome |
|  | Thoracic spine Osteoarthritis |
|  | Thoracic Pain/ Injury (Other / not specified) |
| Lumbar Spine Injury |
|  | Lumbar Soft Tissue Bruising/ Haematoma |
|  | Lumbar Laceration/ Abrasion |
|  | Lumbar Spine muscle and Tendon Strain/ Spasm/ Trigger Points |
|  | Lumbar Spine Joint Injury |
|  | Lumbar facet joint sprain |
|  | Lumbar ligament Sprain |
|  | Lumbar Disc Injury (excluding degenerative disc disease) |
|  | Lumbar Instability |
|  | Spondylolisthesis any Level |
|  | Lumbar Spine Facet Joint Pain/ Stiffness |
|  | Lumbar Spine Fracture |
|  | Lumbar spine vertebral body fracture |
|  | Lumbar spine transverse process fracture |
|  | Lumbar spinous process fracture |
|  | Lumbar pars interarticularis acute fracture |
|  | Lumbar pedicle fracture |
|  | Multiple lumbar spine fractures |
|  | Other lumbar spine fracture |
|  | Complication of lumbar fracture (including non-union, excluding spinal injury) |
|  | Lumbar Stress Fracture |
|  | Lumbar Spine Neurological Injury |
|  | Lumbar spinal fracture with associated neurological injury |
|  | Lumbar disc injury with associated neurological injury |
|  | Lumbosacral Nerve root impingement due to foraminal stenosis bony and disc |
|  | Lumbar Spinal canal stenosis |
|  | Lumbosacral nerve stretch/ traction injury |
|  | Other lumbosacral nerve injury |
|  | Osteoarthritis Lumbosacral spine |
|  | Lumbar Pain/ Injury (Other / not specified) |
| Pelvis/ Buttock Injuries (excluding groin ) |
|  | Pelvis/ Buttock Soft Tissue Bruising/ Haematoma |
|  | Pelvic/ Buttock Laceration/ Abrasion |
|  | Pelvic/ Buttock Muscle Strain/ Spasm/ Trigger Points |
|  | Buttock/ Pelvis Tendon Injury |
|  | Sacroiliac Joint Injury (excluding L5/S1 injury) |
|  | Sacroiliac Joint Instability |
|  | Buttock and Pelvis Synovitis/ Bursitis |
|  | Pelvic fracture(s) (excluding growth plate fractures) |
|  | Fractured Ilium |
|  | Fractured sacrum |
|  | Fractured coccyx |
|  | Fractured ischium |
|  | Multiple fractures pelvis and sacrum |
|  | Pelvic Stress Fracture(s) |
|  | Buttock/ Pelvic Nerve Injury |
|  | Pelvic/ Buttock Pain (Other / not specified) |
| Hip and Groin Injuries |
|  | Hip and Groin Soft Tissue Bruising/ Haematoma |
|  | Hip and Groin Laceration/ Abrasion |
|  | Hip and Groin Muscle Strain/ Tear |
|  | Hip and Groin Tendon Injuries (including hernia, excluding avulsion injuries in the paediatric population) |
|  | Trochanteric syndrome |
|  | Hip Joint Sprain |
|  | Hip Joint Chondral/ Osteochondral Injury |
|  | Hip Joint Dislocation |
|  | Hip Joint Inflammation/ Synovitis/ Other Biomechanical Lesion |
|  | Hip/ Groin Fractures |
|  | Femoral fracture |
|  | Acetabular fracture |
|  | Fracture pubic ramus |
|  | Hip/ Groin Stress Fracture |
|  | Other Stress/ Overuse Injury Hip and Groin |
|  | Femoroacetabular impingement |
|  | Groin Neurovascular Injuries |
|  | Groin Organ Damage |
|  | Hip/ Groin Arthritis |
|  | Hip/ Groin Pain (Other / not specified) |
| Thigh Injuries |
|  | Thigh Soft Tissue Bruising/ Haematoma |
|  | Thigh Laceration/ Abrasion |
|  | Thigh Muscle strain/ Spasm/ Trigger Points |
|  | Proximal hamstring tendinopathy |
|  | Hamstring muscle strain |
|  | Quadriceps muscle Strain |
|  | Adductor tendinopathy |
|  | Adductor muscle strain |
|  | Thigh muscle cramping during exercise |
|  | Hamstring cramping during exercise |
|  | Quadricep cramping during exercise |
|  | Adductor muscle cramping during exercise |
|  | Thigh muscle trigger points |
|  | Thigh muscle wasting |
|  | Femoral Fracture |
|  | Femoral Stress Fracture |
|  | Other stress/ Overuse Injuries to Thigh |
|  | Thigh Neurological Injury |
|  | Thigh Vascular Injury |
|  | Thigh pain/ Injury (Other / not specified) |
| Knee Injuries |
|  | Knee Soft Tissue Bruising/ Haematoma |
|  | Knee Laceration/ Abrasion |
|  | Knee Muscle Strain/ Spasm/ Trigger Points |
|  | Knee Tendon Injury |
|  | Patellar tendinopathy |
|  | Quadriceps tendinopathy |
|  | Iliotibial band syndrome (ITBS) |
|  | Popliteus tendinopathy |
|  | Pes anserinus tendinopathy |
|  | Proximal gastrocnemious tendinopathy |
|  | Biceps femoris tendinopathy |
|  | Patellofemoral pain (Anterior knee pain) syndrome |
|  | Knee Sprains/ Ligament Injuries |
|  | Acute ACL injury |
|  | Acute PCL injury |
|  | MCL injury knee |
|  | Patellar subluxation |
|  | Combined ligament injuries knee |
|  | Knee Dislocation  |
|  | Patellar dislocation |
|  | Tibio-femoral dislocation  |
|  | Knee Instability ( chronic or recurrent subluxations) |
|  | Knee Impingement/ Synovitis/ Biomechanical Lesion not associated with other conditions |
|  | Knee Fractures |
|  | Patellar fracture |
|  | Distal femoral fracture |
|  | Proximal tibial fracture |
|  | Knee Stress Fracture |
|  | Knee Osteoarthritis |
|  | Knee Pain/ Injury (Other / not specified) |
| Lower Leg Injuries |
|  | Leg Soft Tissue Bruising/ Haematoma |
|  | Lower Leg Laceration/ Abrasion |
|  | Lower leg muscle Injury |
|  | Anterior compartment muscle injury |
|  | Lateral compartment muscle injury |
|  | Gastrocnemius muscle injury/ strain |
|  | Soleus Injury/ strain |
|  | Calf cramping during exercise |
|  | Lower Leg Tendon Injuries ( see knee or ankle depending on tendon location) |
|  | Lower Leg Fractures |
|  | Fractured Midshaft Tibia |
|  | Fractured fibula |
|  | Medial Tibial Stress Syndrome |
|  | Lower Leg Stress Fractures |
|  | Tibial Stress Fracture |
|  | Fibular Stress Fracture |
|  | Other Leg Overuse Injury |
|  | Neurological Injury of Lower Leg |
|  | Lower Leg Vascular Injury  |
|  | Popliteal Artery Entrapment Syndrome |
|  | Other Lower Leg Pain/ Injury (Other / not specified) |
| Ankle Injuries |
|  | Ankle Soft Tissue Bruising/ Haematoma |
|  | Ankle Laceration/ Abrasion |
|  | Ankle Tendon Injury |
|  | Achilles tendinopathy (insertional) |
|  | Achilles tendinopathy (mid-substance) |
|  | Achilles tendon rupture |
|  | Extensor tendon injuries at ankle |
|  | Tibialis anterior injuries |
|  | Tibialis posterior injuries |
|  | Flexor hallucis tendon injury |
|  | Peroneal tendon injury |
|  | Ankle Sprains |
|  | Ankle syndesmosis sprain |
|  | Ankle lateral ligament sprain |
|  | Ankle deltoid ligament sprain |
|  | Ankle multiple ligaments sprain |
|  | Ankle Osteochondral Injuries |
|  | Ankle Dislocation |
|  | Chronic Ankle Instability |
|  | Chronic medial instability |
|  | Chronic lateral instability |
|  | Ankle Synovitis/ Impingement/ Bursitis not otherwise specified |
|  | Ankle Fracture |
|  | Fracture tibia and fibula at ankle joint |
|  | Fractured talus |
|  | Fractured calcaneus |
|  | Ankle Stress Injuries/ Stress Fractures |
|  | Nerve Injury at Ankle |
|  | Ankle Vascular Injury  |
|  | Osteoarthritis of Ankle/ Subtalar Joint |
|  | Ankle Pain/ Injury (Other / not specified) |
| Foot Injuries |
|  | Foot Soft Tissue Bruising/ Haematoma |
|  | Foot Laceration/ Abrasion |
|  | Foot Muscle Strain/ Spasm/ trigger Points |
|  | Foot Tendon Injuries |
|  | Foot Joint Sprain |
|  | Foot Chondral/ Osteochondral Lesion |
|  | Foot Dislocation |
|  | Synovitis/ Impingement/ Biomechanical Lesion of Foot |
|  | Plantar Fasciopathy (Fasciitis) |
|  | Foot Fractures |
|  | Fracture tarsal bone |
|  | Fracture Metatarsal(s) |
|  | Fracture great toe |
|  | Fracture lesser toes ( 2 - 5) |
|  | Complication of fractured foot including non-union |
|  | Stress Reactions/ Fractures in Foot |
|  | Foot Osteoarthritis |
|  | Sesamoid injuries |
|  | Foot Neurological Injury |
|  | Foot Vascular Injury |
|  | Foot Pain/ Injury (Other / not specified) |
| Injuries Location Unspecified or Crossing Anatomical Boundaries |
|  | Soft Tissue Bruising/ Haematoma Location Unspecified or Crossing Anatomical Boundaries |
|  | Laceration/ Abrasion Location Unspecified or Crossing Anatomical Boundaries |
|  | Laceration/ abrasion upper limb |
|  | Laceration/ abrasion lower limb |
|  | Muscle Strain/ Spasm/ Trigger Points Location Unspecified or Crossing Anatomical Boundaries |
|  | Muscle strain upper limb |
|  | Muscle strain lower limb |
|  | Muscle strain spine |
|  | Tendon Injury Location Unspecified or Crossing Anatomical Boundaries |
|  | Sprain Location Unspecified |
|  | Chondral/ Osteochondral injury Location Unspecified |
|  | Dislocation Location Unspecified |
|  | Upper limb joint dislocation |
|  | Lower limb joint dislocation |
|  | Instability of Joint Location Unspecified |
|  | Upper limb joint instability |
|  | Lower limb joint instability |
|  | Fracture Location Unspecified or Crossing Anatomical Boundaries |
|  | Fracture upper limb |
|  | Fracture lower limb |
|  | Stress Fracture Location Unspecified or Crossing Anatomical Boundaries |
|  | Postural Syndrome |
|  | Upper limb synovitis/ impingement lesion |
|  | Lower limb synovitis/ impingement lesion |
|  | Neurological lesion Location Unspecified or Crossing Anatomical Boundaries |
|  | Spinal injury location unspecified or crossing anatomical boundaries |
|  | Upper limb neurological injury |
|  | Lower limb neurological injury |
|  | Vascular Injury Location Unspecified or Crossing Anatomical Boundaries |
|  | Upper limb vascular injury |
|  | Lower limb vascular injury |
|  | Osteoarthritis Location Unspecified or Crossing Anatomical Boundaries (excluding generalised OA) |
|  | Upper limb osteoarthritis |
|  | Lower limb osteoarthritis |