**Appendix 1** Hip and groin injury frequency and rate between 2001/02 and 2007/08 in European professional football.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Season** | **2001/02** | **2002/03** | **2003/04** | **2004/05** | **2005/06** | **2006/07** | **2007/08** | **Total\*** |
| No. of team seasons | 11 | 9 | 11 | 9 | 17 | 17 | 14 | 268 |
| No. of injuries (%) † | 78/651 (12%) | 71/453 (16%) | 73/486 (15%) | 51/384 (13%) | 101/742 (14%) | 129/925 (14%) | 107/828 (13%) | 1812/12 736 (14%) |
| No. of injured players (%) †† | 50/266 (19%) | 48/214 (22%) | 54/265 (20%) | 40/216 (19%) | 80/413 (19%) | 96/456 (21%) | 83/389 (21%) | 1401/7756 (18%) |
| 1 injury | 32/50 (64%) | 32/48 (67%) | 39/54 (72%) | 30/40 (75%) | 61/80 (76%) | 72/96 (75%) | 63/83 (76%) | 1078/1401 (77%) |
| 2 injuries | 14/50 (28%) | 11/48 (23%) | 12/54 (22%) | 9/40 (23%) | 17/80 (21%) | 16/96 (17%) | 16/83 (19%) | 253/1401 (18%) |
| ≥ 3 injuries | 4/50 (8%) | 5/48 (10%) | 3/54 (6%) | 1/40 (3%) | 2/80 (12%) | 8/96 (8%) | 4/83 (5%) | 70/1401 (5%) |
| No. of re-injuries (%) | 21/78 (27%) | 8/71 (11%) | 8/73 (11%) | 4/51 (8%) | 12/101 (12%) | 23/129 (18%) | 17/107 (16%) | 204/1812 (11%) |
| No. of players with re-injury (%) | 15/50 (30%) | 6/48 (13%) | 7/73 (10%) | 4/40 (10%) | 11/80 (14%) | 17/96 (18%) | 15/83 (18%) | 163/1401 (12%) |
| Injury rate (95% CI) § | 1.2 (0.9 to 1.4) | 1.1 (0.9 to 1.5) | 1.1 (0.9 to 1.4) | 0.9 (0.7 to 1.2) | 1.0 (0.8 to 1.2) | 1.2 (1.0 to 1.4) | 1.1 (0.9 to 1.4) | 1.0 (1.0 to 1.0) |
| Training | 0.8 (0.6 to 1.0) | 0.5 (0.3 to 0.7) | 0.7 (0.5 to 0.9) | 0.4 (0.3 to 0.6) | 0.5 (0.3 to 0.6) | 0.7 (0.5 to 0.9) | 0.7 (0.5 to 0.9) | 0.6 (0.6 to 0.6) |
| Match play | 2.9 (2.1 to 4.1) | 4.6 (3.5 to 6.2) | 3.4 (2.5 to 4.7) | 3.3 (2.3 to 4.6) | 3.7 (2.8 to 4.7) | 3.8 (3.0 to 4.9) | 3.3 (2.5 to 4.3) | 3.1 (2.9 to 3.4) |
| Match-to-training injury RR  (95% CI) | 3.9 (2.5 to 6.1) | 9.6 (5.9 to 15.6) | 5.1 (3.2 to 8.1) | 8.0 (4.5 to 14.0) | 7.9 (5.3 to 11.7) | 5.7 (4.0 to 8.0) | 4.6 (3.1 to 6.7) | 5.3 (4.8 to 5.8) |
| Lay-off days, mean (SD) | 15 (29) | 21 (29) | 14 (12) | 15 (18) | 11 (12) | 15 (19) | 16 (21) | 16 (23) |

CI, confidence interval; RR, rate ratio; SD, standard deviation

\* Data representing the whole study period 2001/02 to 2015/16 seasons

† Percentage of hip and groin injuries out of the total number of injuries

†† Percentage of players with hip and groin injury out of the total number of players participating

§ Injury rate expressed as injuries/1000 hours exposure

Due to a database update after the 07/08 season, the number of HGIs were adjusted to 610 from the original 628 analysed in our previous study.5 This was due to reclassification of 18 HGIs to mainly thigh and pelvic diagnoses.