including heading and non-heading exercises; they also completed two regular football sessions. For each accelerative event recorded, PLA, PRA and PRV outputs were compared to video recordings. Receiver operating characteristic curves were used to determine the sensor’s discriminatory capacity in both on-field settings, determining cut-off values for predicting outcomes.

Results For the laboratory tests, the random error was 11% for PLA, 20% for PRA and 5% for PRV, respectively; the systematic error was 11%, 19% and 5%. For the structured training protocol, heading events yielded higher absolute values (PLA=15.6±1.18 g) than non-heading events (PLA=4.6±1.2 g); the area under the curve (AUC) was 0.98 for PLA. In regular training sessions, AUC was >0.99 for PLA. A 9 g cut-off value yielded a positive predictive value of 100% in the structured training protocol, compared to only 65% in regular football sessions.

Conclusion The sensor displayed systematic overestimation with considerable random error. Despite excellent on-field accuracy for discriminating head-impacts from other accelerative events, secondary means of verifying events are still necessary.

EVALUATION OF IN-EAR SENSOR SYSTEMS FOR QUANTIFYING HEAD IMPACT EXPOSURE IN YOUTH FOOTBALL

1Stian Bahr Sandmo*, 2Andrew S McIntosh, 3Thor Einar Andersen, 4Inga K Koerte, 1Roald Bahr. 1Department of Sports Medicine, Oslo Sports Trauma Research Center, Norwegian School of Sport Sciences, Norway; 2Federation University Australia, Australia; 3Monash University Accident Research Centre, Monash University, Australia; 4McIntosh Consultancy and Research, Australia; 5Department of Child and Adolescent Psychiatry, Psychosomatic and Psychotherapy, Ludwig-Maximilian University, Germany; 6Department of Psychiatry, Psychiatry Neuromaging Laboratory, Brigham and Women’s Hospital, Harvard Medical School, USA

Introduction Wearable sensor systems may be useful for measuring head-impact exposure. Here, we tested the validity of in-ear sensors developed to improve head coupling.

Methods First, the sensor was mounted to a Hybrid III headform (HIII) and impacted with a linear impactor or football. Peak linear acceleration (PLA), peak rotational acceleration (PRA) and peak rotational velocity (PRV) were obtained from both systems; random and systematic error were calculated using HIII as reference. Then, six youth football players wore sensors and performed a structured training protocol including heading and non-heading exercises; they also completed two regular football sessions. For each accelerative event recorded, PLA, PRA and PRV outputs were compared to video recordings. Receiver operating characteristic curves were used to determine the sensor’s discriminatory capacity in both on-field settings, determining cut-off values for predicting outcomes.

Results For the laboratory tests, the random error was 11% for PLA, 20% for PRA and 5% for PRV, respectively; the systematic error was 11%, 19% and 5%. For the structured training protocol, heading events yielded higher absolute values (PLA=15.6±11.8 g) than non-heading events (PLA=4.6±1.2 g); the area under the curve (AUC) was 0.98 for PLA. In regular training sessions, AUC was >0.99 for PLA. A 9 g cut-off value yielded a positive predictive value of 100% in the structured training protocol, compared to only 65% in regular football sessions.

Conclusion The sensor displayed systematic overestimation with considerable random error. Despite excellent on-field accuracy for discriminating head-impacts from other accelerative events, secondary means of verifying events are still necessary.

INCREASED TT-G MEASURED ON AXIAL MRI. IS IT DUE TO LATERALIZATION OF THE TIBIAL-TUBERCLE OR MEDIALIZATION OF THE TROCHLEAR-GROOVE?

1Mathias Palva, 2Lars Bland, 3Per Hølmich, 4Kristoffer Barfod*. 1Sports Orthopedic Research Center Copenhagen (SORC-C), Department of Orthopedic, Danmark; 2Zealand University Hospital, Kage, Danmark

Introduction To investigate if increased Tibial tubercle – Trochlear Groove distance (TT-TG) measured on axial MRI is due to lateralization of the tibial tubercle or medIALIZATION of the trochlear groove.

Methods 65 knees (28 normal (NK), 25 with trochlear dysplasia (TD) and 12 with patellar dislocation without TD (PD)) were examined. The medial border of the posterior cruciate ligament (PCL) was chosen as the central anatomical landmark. The distance from the tibial tubercle (TT) to PCL (TT-PCL) was measured to examine the lateralization of the tibial groove. The distance from the trochlear groove to PCL (TG-PCL) was measured to examine the medIALIZATION of the trochlear groove. Between group differences was investigated by use of one-way ANOVA.

Results The mean (SD) values for TT-TG were 8.5 mm (3.6) for NK, 11.4 mm (6.2) for PD and 17.1 mm (4.8) in the TD group (p<0.01). The mean (SD) values for TT-PCL were 19.5 mm (4.2) for NK, 17.0 mm (5.0) for PD and 20.2 mm (5.0) in the TD group (p=0.10). The mean (SD) values for TG-PCL were 10.5 mm (3.7) for NK, 5.8 mm (4.9) for PD and 3.9 mm (3.9) in the dysplastic group (p<0.01).

Conclusion TD knees had increased TT-TG compared to NK and PD. The TT-PCL distance did not differ significantly between groups, whereas the TG-PCL distance declined with increased TT-TG. The present results indicate that increased TT-TG is due to medIALIZATION of the trochlear groove and not lateralization of the tibial tubercle.

AFTER SIX-WEEKS OF INTENSIVE BALLET REHEARSALS CHANGES IN THE ACHILLES TENDONS STRUCTURE APPEAR WHEREAS SELF-REPORTED SEVERITY SCORES REMAIN THE SAME

1Charlotte Arker-petersen*, 2Kristian Thorborg, 3Jarrod Antilfick, 4Henrik Aagaard, 5Chris Myers, 2Anders Ploug Boesen, 3Per Helmi, 4Birgit Juel-Kristensen. 1Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark; 2Sports Orthopedic Research Center – Copenhagen; Department of Orthopedic Surgery, Aalborg-Hvidovre Hospital, Denmark; 3Tendon Performance, UK; 4Department of Orthopedic Surgery, Spjaelland University Hospital, Denmark

Introduction The aim was to study whether six weeks of intensive dance exposure (Swan Lake rehearsals) is a significant contributor to structural changes, symptoms, clinical signs and pain in the Achilles tendon (AT).

Materials and methods Ballet dancers from The Royal Danish Ballet Company (aged 18–41) were invited (n=79) of which
sixty-three (80%) dancers participated. Baseline scans were collected with follow-up scans at six weeks. The primary outcome was quantification of AT structure with Ultrasound Tissue Characteristics (UTC) (echo-type I–IV). Secondary outcomes of interest were clinical signs and symptoms gathered from a clinical examination, self-reported symptoms, VISA-A questionnaire and pain during single-legged heel raise. UTC has previously shown to have satisfactory reproducibility and validity. Separate multilevel linear and logistic regression models were performed including time and demographic variables as covariates.

Result From baseline to follow-up there was significant decrease in distribution of UTC echo-type I (β = −3.6, p = 0.001; 95% CI: −5.8; −1.5) with significant increase in echo-type II (β = 3.2, p < 0.001; 95% CI: 1.6; 4.8). Significant effects were also seen, of limb (type I+III) and gender (type I+II). No significant changes were found in clinical outcomes/clinical signs and symptoms.

Conclusion The cohort of ballet dancers showed significant UTC changes, mainly a reduction of echo-type I distribution after six-weeks pre-season period rehousing Swan Lake ballet. No changes were found in clinical outcomes/clinical signs and symptoms. However, early structural changes seem important to follow longitudinally for potential planning of secondary prevention strategies.

Conclusion This is the first longitudinal long-term prospective study of SRIIPS. Males, older athletes, athletes in team sports and with previous incidents are particularly at risk for injuries and illnesses and should therefore be targets for preventive measures and future research.

27 INCREASED HIP ADDUCTION DURING RUNNING IS ASSOCIATED WITH PATELLOFEMORAL PAIN AND DIFFERS BETWEEN MALES AND FEMALES: A CASE-CONTROL STUDY

1Bradley Neal*, 1,2Simon Lack, 1–3Christian Barton, 1,4Laosenda Birm-Jeffrey, 1Stuart Miller, 1–4Dylan Morrissey, 1Sports and Exercise Medicine, Queen Mary University of London, UK; 2Pure Sports Medicine, UK; 3La Trobe Sport and Exercise Medicine Research Centre, Australia; 4School of Allied Health, La Trobe University, Australia; 5School of Engineering and Materials Science, Queen Mary University of London, UK; 6Physiotherapy Department, Barts Health NHS Trust, UK

Introduction Patellofemoral pain (PFP) is common amongst recreational runners and associated with altered running kinematics. However, it is currently unclear how sex may influence kinematic differences previously reported in runners with patellofemoral pain. This case-control study aimed to evaluate lower limb kinematics in males and females with and without patellofemoral pain during prolonged running.

Materials and methods Lower limb 3D kinematics were sampled in 20 runners with PFP (11 females, 9 males) and 20 asymptomatic runners (11 females, 9 males) during a 3 km treadmill run. Data were analysed when mean-pooled as mixed sex groups (PFP versus control) and as individual sex sub-groups.

Results Mixed-sex runners with PFP were found to have significantly greater peak hip adduction (mean difference = 4.9°, t = 2.53, p = 0.01) when compared to matched controls. Analyses for all other kinematic variables were non-significant. Females with PFP ran with greater peak hip adduction compared to female controls (mean difference = 6.6°, p = 0.02, F = 3.41, 95% CI 0.4–12.8), but not males with or without PFP. Analyses of sub-group comparisons for all other kinematic variables were non-significant.

Conclusion Differences in peak hip adduction between those with and without PFP during running appear to be driven by female participants, highlighting potentially different kinematic treatment targets for the individual sexes. Future research is encouraged to report lower limb kinematic variables in runners with PFP separately for males and females.

28 IS TWO-DIMENSIONAL VIDEO A VALID AND RELIABLE MEASURE OF THREE-DIMENSIONAL KINEMATICS IN RUNNERS WITH PATELLOFEMORAL PAIN?

1Bradley Neal*, 1–3Stuart Miller, 1–3Christian Barton, 1,4Laosenda Birm-Jeffrey, 1Dylan Morrissey, 1Sports and Exercise Medicine, Queen Mary University of London, UK; 2Pure Sports Medicine, UK; 3La Trobe Sport and Exercise Medicine Research Centre, Australia; 4School of Allied Health, La Trobe University, Australia; 5School of Engineering and Materials Science, Queen Mary University of London, UK; 6Physiotherapy Department, Queen Mary University of London, UK

Introduction Peak hip adduction (HADD) and knee flexion (KFLEX) during running are associated with patellofemoral pain (PFP) persistence, representing treatment targets. Clinical