



UiO : Faculty of Medicine
University of Oslo

Injury Registration Form - For contact person

Please report: all injuries (traumatic or overuse) newly occurred in competition or training every other week during the World Cup season 18/19 (report from 1st of December – 1st of April).

You will receive an email every other week with this report to fill out and send back to us on injurysurvey.wcladies@gmail.com. The information provided is for medical and research purposes and will be treated confidentially. The Project is approved by FIS medical committee and FIS Ski Jumping Committee and has been evaluated by the Regional Committee for Medical and Health Research Ethics (REK). The project has also been notified to the Data Protection Official for Research, NSD - Norwegian Centre for Research Data.

Reported by (name and obligation):

Date of report:

National team:

Athlete code:

New injury the last two weeks (X): Yes No

If yes, please fill in Injury formula (page 2). Please see page 3 for explanation categories. For example formula, see below.

Example filled formula:

Date of injury <i>03.12.2018</i>	Age of athlete (years) <i>20</i>	Weight and height (kg/cm) <i>58 kg</i> <i>170 cm</i>
Activity <i>Ia</i> <i>Ski jumping, competition</i>	Event <i>1 Where: Lillehammer, Norway</i> <i>2 Hill size: HS 95 m</i> <i>3 Length of jump: 90 m</i> <i>4 Telemark landing: Yes</i> <i>5 Conditions: Windy, snow</i>	Injured body part <i>24 Knee medial</i> Right/left: <i>Right</i>
Type of injury <i>8 Sprain, injury of ligaments</i>	Cause of injury <i>3 Crash landing</i>	Injury severity <i>> 28 days</i>



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Injury 1

Date of injury	Age of athlete (years)	Weight and height (kg/cm)
A) Activity	B) Event 1 Where: 2 Hill size: 3 Length of jump: 4 Telemark landing: 5 Conditions: 6 Snow/plastic:	C) Injured body part Right/left:
D) Type of injury	E) Cause of injury	F) Injury severity

Injury 2

Date of injury	Age of athlete (years)	Weight and height (kg/cm)
A) Activity	B) Event 1 Where: 2 Hill size: 3 Length of jump: 4 Telemark landing: 5 Conditions: 6 Snow/plastic:	C) Injured body part Right/left:
D) Type of injury	E) Cause of injury	F) Injury severity

Injury 3

Date of injury	Age of athlete (years)	Weight and height (kg/cm)
A) Activity	B) Event 1 Where: 2 Hill size: 3 Length of jump: 4 Telemark landing: 5 Conditions: 6 Snow/plastic:	C) Injured body part Right/left:
D) Type of injury	E) Cause of injury	F) Injury severity



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Explanation categories

A) Activity

- 1 Ski Jumping
 - a. competition
 - b. training
- 2 Other training
 - a. Warm-up
 - b. Elasticity jump
 - c. Ballplay
 - d. Imitation
 - e. Running
 - f. Strength training
 - g. Other, please specify type of training

B) Event

If choosing Ski Jumping, please specify the following:

- 1 Where (place)
- 2 Hill size (meter)
- 3 Length of jump (meter)
- 4 Telemark landing (yes/no)
- 5 Conditions (windy/quiet/snow/rain/clear)
- 6 Snow/plastic

C) Injured body part (location of injury)

Head and trunk

- 1 face (incl. eye, ear, nose)
- 2 head
- 3 neck / cervical spine
- 4 thoracic spine / upper back
- 5 sternum / ribs
- 6 lumbar spine / lower back
- 7 abdomen
- 8 pelvis / sacrum / buttock

Upper extremity

- 11 shoulder / clavicle
- 12 upper arm
- 13 elbow
- 14 forearm
- 15 wrist
- 16 hand
- 17 finger
- 18 thumb

Lower extremity

- 21 hip
- 22 groin
- 23 thigh (a: anterior / p: posterior)
- 24 knee (m: medial / l: lateral)
- 25 lower leg (a: anterior / p: posterior)
- 26 achilles tendon
- 27 ankle (m: medial / l: lateral)
- 28 foot / toe

D) Type of injury (diagnosis)

- | | | |
|--|---|--|
| 1 concussion (regardless of loss of consciousness) | 8 sprain (injury of joint and / or ligaments) | 15 impingement |
| 2 fracture (traumatic) | 9 lesion of meniscus or cartilage | 16 laceration / abrasion / skin lesion |
| 3 stress fracture (overuse) | 10 strain / muscle rupture / tear | 17 dental injury / broken tooth |
| 4 other bone injuries | 11 contusion / haematoma / bruise | 18 nerve injury / spinal cord injury |
| 5 dislocation, subluxation | 12 tendinosis / tendinopathy | 19 muscle cramps or spasm |
| 6 tendon rupture | 13 arthritis / synovitis / bursitis | 20 other |
| 7 ligamentous rupture | 14 fasciitis / aponeurosis injury | |

E) Cause of injury (choose one or more)

- | | | |
|---------------------------|---------------------------------|-----------------------------|
| 1 overuse (gradual onset) | 4 recurrence of previous injury | 7 equipment failure |
| 2 overuse (sudden onset) | 5 weather conditions | 8 medical cause (eg. faint) |
| 3 crash landing | 6 conditions in/out-run | 9 other, please specify |

F) Injury severity

- | | | | | |
|------------|----------|----------|-----------|----------|
| No absence | 1-3 days | 4-7 days | 8-28 days | >28 days |
|------------|----------|----------|-----------|----------|