DETERMINANTS OF SPORTS INJURY IN YOUNG FEMALE SWEDISH COMPETITIVE FIGURE SKATER

Background Although figure skating attracts several hundred thousand participants worldwide, there is little knowledge about physical health and sports injuries among young skaters. 

Objective To describe the health status of a geographically-defined Swedish population of licensed competitive figure skaters and to examine injury determinants.

Design Cross-sectional.

Setting All licensed competitive skaters in the south-eastern region of Sweden.

Participants In total, 142 (36%) of 400 skaters participated, 137 (96%) of whom were girls (mean (SD) age: 12.9 (SD 3.0) years). Participating boys (n=5) were excluded from further analysis.

Assessment of Risk Factors Age, skating level, eating habits, relative energy deficiency indicators, and training habits were assessed.

Main Outcome Measurements The primary outcome measure was the one-year prevalence of a severe sports injury episode (time loss >21 days). The secondary outcome measure was the point prevalence of an ongoing sports injury.

Results The one-year prevalence of a severe sports injury episode was 31%, which in the multiple model, was associated with older age (odds ratio (OR) 1.2, 95% confidence interval (CI) 1.1–1.4; p=0.002) and an increased number of skipped meals per week (OR 1.1, 95% CI 1.0–1.3; p=0.014). The point prevalence of an ongoing injury episode was 19%, which was associated with older age (OR 1.4, 95% CI 1.2–1.7; p<0.001) and an increased number of skipped meals per week (OR 1.1, 95% CI 1.0–1.3; p=0.049).

Conclusions One-third of young female Swedish competitive figure skaters had sustained a severe injury episode during the past year, and a fifth reported an ongoing episode. Older age and an increased number of skipped meals per week were associated with a sports injury episode. Further prospective studies of injury determinants among competitive figure skaters are warranted before the findings are broadly applied in intervention programs.

PREVALENCE AND BURDEN OF HEALTH PROBLEMS IN MALE JUNIOR ELITE ICE HOCKEY PLAYERS – A 44-WEEK PROSPECTIVE COHORT STUDY

Background Little is known about the burden of overuse injuries and illnesses in junior elite ice hockey.

Objective The aim of this study was to describe the prevalence and burden of all health problems in junior elite ice hockey in Norway during one school year.

Design Prospective cohort study.

Setting Elite Sport Academy High Schools in Norway.

Participants 206 male junior ice hockey players.

Interventions (or Assessment of Risk Factors) Players reported all health problems, acute injuries, overuse injuries and illnesses weekly during the 2018/2019 school year (44 weeks) using the Oslo Sports Trauma Research Center Questionnaire on Health Problems.