Abstracts

Assessment of Risk Factors History of ankle sprain in the past year was defined in a time-dynamic manner as any bilateral ankle sprain (game or non-game) in the 365 days prior to the game of interest. Hazard ratios (HR) and 95% confidence intervals (CI) were calculated while controlling for years in the NBA, body mass index, and average NBA minutes played in the prior year.

Main Outcome Measurements All acute-onset ankle sprains reported in games that were identified from the NBA standardized electronic medical record (n=30 teams).

Results Across this 4-season study, 482 incident ankle sprains were reported in NBA games among 681 players and 2,517,549 player-minutes. Of the players that sustained an incident sprain, 44% (n=211) had at least one ankle sprain in the prior year. Compared to players with no sprains in the past year, the risk of incident ankle sprain increased with increasing number of prior ankle sprains; a 28% increase in risk (adjHR=1.28, 95% CI 1.03, 1.58) with one prior sprain, a 51% increase in risk (adjHR=1.51, 95% CI 1.10, 2.04) with two prior sprains, and a 100% increase in risk (adjHR=2.00, 95% CI 1.31, 2.94) with three or more prior sprains.

Conclusions History of ankle sprain in the past year was associated with increased risk of incident ankle sprain among NBA players. 44% of players had at least one ankle sprain (game or non-game) within one year prior to the incident sprain.

109 AN UNSUPERVISED E-HEALTH SUPPORTED NEUROMUSCULAR TRAINING PROGRAM IS NOT EFFECTIVE IN THE PREVENTION OF RECURRENT ANKLE SPRAINS IN PATIENTS IN PRIMARY CARE: THE TRAPP-STUDY

1Adinda Mailuhu, 2Evert Verhagen, 1John Van Ochten, 1Patrick Bindels, 1Sita Bierma-Zeinstra, 1Marienke Van Middelkoop, 1Department of General Practice, Erasmus MC University Medical Center, Rotterdam, Netherlands; 1Department of Health Sciences and EMGO Institute for Health and Care Research, VU University Medical Center, Amsterdam, Netherlands

10.1136/bjsports-2021-IOC.102

Background Ankle injuries are common injuries among pre-professional dancers. An overview of the incidence and risk factors is however lacking.

Objective To examine the incidence and risk factors of ankle injuries among contemporary pre-professional dancers.

Design Prospective cohort study.

Setting Codarts University of the Arts, Rotterdam, The Netherlands.

Patients (or Participants) 91 first-year contemporary pre-professional dancers, from Bachelor Dance (n=59) and Bachelor Dance Teacher (n=32) were included.

Interventions (or Assessment of Risk Factors) At the start of the academic year all dancers completed a questionnaire, underwent a physical screening measuring the ankle range of motion (ROM) and dorsiflexion. During the academic year, all dancers completed monthly questionnaires on the occurrence of an ankle injury that were referred to in the Oslo Sports Trauma Research Center (OSTRC) questionnaire. Injuries were defined into substantial injuries (score $\geq 13$ on question 2 or 3 of OSTRC questionnaire), injuries leading to medical attention and to dance time-loss. Potential risk factors for an ankle injury included dancer characteristics, history of ankle injury in previous year, ankle ROM and dorsiflexion.

Main Outcome Measurements The number of self-reported ankle injuries during one academic year.

Results 17 (18.7%) dancers reported an ankle injury, with a total of 33 injuries. Of these dancers reporting an ankle injury, 82.4% led to dance time-loss (mean number of 19.9 days unable to fully participate), 47.1% to medical attention and 41.2% were substantial injuries. No significant risk factors for ankle injuries could be identified.

110 UNDERSTANDING THE IMPACT OF ANKLE INJURIES AMONG CONTEMPORARY PRE-PROFESSIONAL DANCERS: INCIDENCE AND RISK FACTORS

1Adinda Mailuhu, 2Rogier van Rijn, 1,2,3Janine Stubbe, 4Sita MA Bierma-Zeinstra, 1Marienke van Middelkoop, 1Department of General Practice, Erasmus MC University Medical Center, Rotterdam, Netherlands; 1Codarts, University of the Arts, Rotterdam, Netherlands; 2Performing artist and Athlete Research Lab (PEARL), Rotterdam, Netherlands; 4Rotterdam Arts and Sciences Lab (RASL), Rotterdam, Netherlands