Background Studies of Swedish track and field athletes have shown that there is a substantial risk of injury. None of these studies have investigated the potential role of how athletes perceive their injury risk, and how it may play a part in the occurrence of sport injuries.

Objective Explore how Swedish track and field athletes perceive their injury risk, and examine the potential correlation with prior injury experience.

Design A quantitative design, an exploratory study.

Setting Swedish junior elite track and field athletes.

Patients (or Participants) The convenience sample comprised 69 out of 97 Swedish junior elite track & field athletes. The entry criteria included injury free when answering the questionnaire, active in track & field, participated in at least one youth or junior national team between 2013 and 2017.

Interventions (or Assessment of Risk Factors) The participants had four weeks to fill out a two-part online questionnaire. The first part requested relevant personal information including previous injuries in the past 12 months; the second part consisted of 'The Perception of Risk of Injury Scale' (RISSc), but modified accordingly to the targeted sport.

Main Outcome Measurements RISSc scores were set as the dependent variable.

Results Non-significant results (p=0.095) were found between gender and perceived injury risk. If an athlete reported more than one injury in the past 12 months, they perceived their re-injury risk (p<0.025) to be higher. Significant results were found between perceived injury risk and the severity of the injury (p<0.006, r=-0.32).

Conclusions Previous injury has a small correlation to perceived injury risk. It may be possible to reduce negative perceptions concerning re-injury in athletes with higher perceptions of injury risk. Awareness of re-injury should be increased among athletes with a history of severe injury. This study may serve as a springboard for additional research.
Background The Nordic hamstring exercise is an effective program in reducing the hamstring injuries, which is one of the most common non-contact lower limb injuries, especially in sports requiring acceleration, maximal sprints, and sudden change in direction of running, as sprinting, soccer, and rugby.

Objective To assess the awareness, implementation, and opinion of the worldwide athletes about the Nordic hamstring exercise in preventing hamstring injury.

Design A cross-sectional study.

Setting An online survey for all continental football federations.

Patients (or Participants) A total of 3,942 male and female athletes from different sports (American football, athletics, badminton, baseball, basketball, bodybuilding, boxing, cricket, CrossFit, cycling, soccer, gymnastics, handball, ice hockey, ice skating, judo, jiu-jitsu, karate, korfball, lacrosse, modern pentathlon, netball, rugby league, rugby union, running, skateboarding, skiing, snowboarding, softball, squash, swimming, table tennis, taekwondo, tennis, trapshooting, volleyball, weightlifting and wrestling) completed the survey.

Interventions (or Assessment of Risk Factors) The questionnaire consisted of questions relating to the awareness level, implementation rate, and opinion of the of the Nordic hamstring exercise. Questions development was guided by several authors whose expertise is in sport medicine and injury prevention.

Main Outcome Measurements The primary outcomes were awareness level, implementation rate, and opinion of the effectiveness of the Nordic hamstring exercise in hamstring injury.

Results A total of 641 (56%) of the athletes were aware of the Nordic hamstring exercise, 519 (45.4%) were implementing the Nordic hamstring exercise in their current practice. Athletes who implemented the Nordic hamstring exercise reported a positive opinion about the program efficacy, with a score of 8.4 ±1 out of 10.

Conclusions Many athletes were aware of the Nordic hamstring exercise and implementing it in their training routine, as they found it effective in decreasing the hamstring injury rates. However, further work needs to be done to educate athletes about the importance of implementing the exercise and its effectiveness in preventing hamstring injury to enhance implementation.