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225 WRESTLING INJURIES DURING THE TOKYO 2020 OLYMPIC GAMES

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Background Understanding the incidence and characteristics of injuries in each sport helps to implement more effective preventive measures. Studying this information after the occurrence of the COVID-19 pandemic was particularly important. Accordingly, the medical commission of the United World Wrestling (UWW) has implemented a systematic surveillance of injuries during the Tokyo 2020 Olympic Games. Objective To assess the injury profile of elite senior wrestlers of injuries during the Tokyo 2020 Olympic Games.

Wrestling (UWW) has implemented a systematic surveillance system. Studying this information after the occurrence of the COVID-19 pandemic did not result in a higher rate of severe injuries, nor more overuse injuries.

Main Outcome Measurements Athlete’s demographic, weight category, injury type, severity, location and mechanism.

Results A total of 286 athletes sustained 28 injuries during 322 matches; 9.8 injuries per 100 athletes (12.1% in men; 5.2% in women) and 8.7 injuries per 100 bouts. Among the 3 styles, WW had the lowest injury rate (5.2%) and FS showed the highest rate (12.8%). More injuries were observed in the low-weight categories (64.3%). The most common injury type was skin laceration and contusion (60.6%) due to direct contact and the most common site of injury was head and face (71.4%). In sum, 78.6% of all injuries were categorized as mild, 10.7% as moderate and 10.7% as severe. Conclusions No serious or catastrophic injury was recorded during wrestling competitions of the Tokyo Olympic Games, and most injuries were minor. The overall rate of wrestling injuries during the Tokyo 2020 Olympic Games was higher than the 2016 Rio Games but lower than the 2012 London Olympic Games. The severity of injuries, however, was the lowest since the 2004 Athens Olympic Games. COVID-19 pandemic did not result in a higher rate of severe injuries, nor more overuse injuries.

226 INJURIES IN YOUTH VOLLEYBALL PLAYERS AT A NATIONAL CHAMPIONSHIP COMPETITION: INCIDENT, RISK FACTORS AND MECHANISM OF INJURY

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Background Sport-related injuries present a substantial burden in youth sport. Injury surveillance data in youth volleyball is scarce. Understanding injury and concussion burden can inform prevention strategies. Objective To evaluate injury incidence rates, types, mechanism, and potential risk factors in youth volleyball.

227 PERCEIVING, REPORTING AND MANAGING AN INJURY – PERSPECTIVES FROM NATIONAL TEAM FOOTBALL PLAYERS, COACHES AND HEALTH PROFESSIONALS

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Background Injury perceptions and related risk-mitigating interventions are context-dependent. Despite this, most injury surveillance systems guided by established consensus statements are not context-specific as they do not integrate stakeholders’ perspectives. Accordingly, to address the injury problem in context, injury surveillance systems need to be aligned with the stakeholders’ injury perceptions and practices related to its reporting and management.

Objective To explore how Maltese national team football players, coaches, and health professionals (stakeholders) perceive a football-related injury and how their context influences their perceptions and behaviours related to reporting and managing a football injury.

Design A qualitative exploratory design was used.
OVERALL, REGION- AND TISSUE-SPECIFIC INJURY RATES UNDERSTANDING HEALTH PROBLEMS OF BASKETBALL INJURY PREVALENCE IN DUTCH HANDBALL OVER THE SEASON 2018 – 2019

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Setting This study was undertaken at the Malta Football Association (MFA), responsible for the Maltese national football teams.

Participants 13 semi-structured interviews with Maltese female and male national team football players (n=7), coaches (n=3), and health professionals (n=3) were conducted. Data were analysed inductively using thematic analysis.

Results Three themes were identified: (1) How do I perceive an injury? consisted of various constructs of a sports injury, yet commonly defined based on performance limitations. (2) How do I deal with an injury? encapsulated the process of managing the injury (3) What influences my perception, reporting and management of an injury? comprised personal and contextual factors that influenced the perception and, consequently, the management of an injury.

Conclusions The injury surveillance system implemented within the Maltese national football team should make use of performance limitations as the main injury definition. Injury perception, reporting and management are influenced by the socio-ecological context. In acknowledging this influence, ongoing human interaction should be involved between stakeholders in all the processes of the injury surveillance system, emphasising its active role to optimise the players’ injury risk mitigation and management.

OVERALL, REGION- AND TISSUE-SPECIFIC INJURY RATES IN UK SUMMER OLYMPIC MALE AND FEMALE ATHLETES

Background Existing studies have reported that female athletes are at increased risk of particular injury types e.g. ACL rupture and bone stress injury, and have reduced risk of others e.g. hamstring injury. Other sport-specific studies have reported that female athletes generally have higher risk of injury in some sports, lower risk in others. No previous study has compared male and female injury rates across a range of summer Olympic sports.

Objective To determine whether male and female athletes experience injuries at different rates within the UK High Performance System.

Design Retrospective cohort study.

Setting UK summer Olympic sports.

Participants 914 athletes (439 female, 475 male).

Interventions There was no intervention.

Main Outcome Measurements Incidence rate ratio (IRR) comparing overall injury rates (as incidence per athlete year) and risk ratio (RR) comparing overall injury burden (training days restricted or unavailable per athlete year) for male and female athletes. The IRR and RR were also compared for injuries in different regions as well as different tissue types.

Results Female athletes had both a greater overall injury rate (females 2.6 injuries per athlete year, males 2.1; IRR 1.23, 95% CI 1.17 to 1.2330, p<0.001) and overall injury burden (females 42.58 days training affected per athlete year, males 35.0; RR 1.211, 95% CI 1.201 to 1.231, p<0.001) than male athletes. Female athletes have a higher risk of lumbar/pelvis, foot and ankle injuries (among others) and a higher risk of superficial/skin, ligament/joint and bone injuries.

Conclusions Female athletes are at greater risk of suffering an initial injury with more subsequent training time-loss than male athletes. The higher risk of ligament/joint and bone injuries supports previous analyses of gender-specific injury rates. Further work is required to determine causal mechanisms so that tailored mitigation strategies can be developed for female and male athletes.