

Conclusions This information in combination with other relevant factors and expert knowledge can be helpful to guide player monitoring and decision making.

240 ABSTRACT WITHDRAWN

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242 THE EPIDEMIOLOGY OF INJURY IN ENGLISH PROFESSIONAL WOMEN'S FOOTBALL: A PROSPECTIVE COHORT STUDY

Lawrence Mayhew, Peter Francis, Gareth Jones. *Leeds Beckett University, Leeds, UK*

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Background Despite the professionalization of women's football the incidence and prevalence of injuries occurring within England is currently unknown.

Objective To estimate the incidence, prevalence and nature of injury in a single professional Women's football squad over one season (2018/2019)

Design Prospective single site cohort study.

Setting Professional women's football squad competing in the English Women's Championship.

Patients (or Participants) 25 players with a professional contract. Ethical approval was obtained from Leeds Beckett University.

Interventions (or Assessment of Risk Factors) Data collection procedures followed the UEFA consensus guidelines. Player exposures were recorded via GPS for all football related activity

Main Outcome Measurements Incidence of injury per 1000h of exposure, prevalence and severity of injury per anatomical site, epidemiologic incidence proportion and clinical incidence to provide measures of injury burden and resource management.

Results The incidence of injury was 8.04/1000 h (95% CI 4.32–11.77), 30.68/1000 h (95% CI 14.61–47.75) during match play and 2.24/1000 h (95% CI: 0.25–4.66) during training. A total of 18 injuries including re-injuries were sustained providing a clinical incidence of 0.72 (95% CI 0.54–0.89) injuries per player. The most common sites of injury were the knee (5/18, 27%) and anterior thigh (3/18, 17%). There was 1 non time loss injury, 3 minimal injuries (16.6%; 1–3 days), 4 mild (22.2%; 4–7 days), 6 moderate (33.3%; 8–28 days) and 4 severe injuries (22.2%; > 28 days). Of the 5 knee injuries, 2 were ruptures of the anterior cruciate ligament via a non-contact mechanism. Epidemiological incidence proportion was 0.44 (95% CI: 0.24–0.74) thus the average probability that any player would sustain at least one injury was 44% (95% CI: 25%–63%).

Conclusions This is the first prospective investigation capturing injury incidence from a cohort of English players. The relatively high proportion of ACL injuries imposes a significant burden on a squad of this size. Multi-site prospective investigations of injury are required

243 LONGITUDINAL DOCUMENTATION OF SELF-REPORTED AND PHYSICAL FUNCTION IN FEMALE ADOLESCENT ATHLETES WITH BILATERAL RECURRENT ANKLE SPRAINS

Masafumi Terada, Kurihara Toshiyuki, Takashi Sugiyama, Yuki Kusagawa, Takahiro Tanaka, Kento Shimoho, Miyuku Hori, Tadao Isaka. *Ritsumeikan University, Kusatsu, Japan*

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Background Recurrent ankle sprains (RAS) are often preventable through sensorimotor training interventions. However, implementation of RAS prevention programs for athletes is often limited because of a lack of resources, time, and understanding of long-term negative consequences associated with RAS. Prospective, longitudinal documentation of self-reported and physical functions in athletes with RAS over the duration of an athletic season without participation in RAS prevention training is needed to highlight an importance of implementation of specific injury managements for athletes.

Objective Determine whether changes in factor contributing to RAS occur in high school female basketball athletes with bilateral RAS following six months.

Design Prospective cohort study.

Setting High school basketball facilities.

Participants Eighteen high school female basketball athletes with bilateral RAS (age=15.81±0.40yrs, BMI=21.56±1.70kg/m²) participated. Participants were defined as having RAS if they have sustained a minimum of two acute lateral ankle sprains on the same lower extremity.

Assessment of Risk Factors Participants completed patient-generated, clinician-generated, and laboratory-based outcome assessments in two testing sessions separated by six months. No specific injury prevention program for RAS was provided during the duration of an athletic season.

Main Outcome Measurements The Cumberland Ankle Instability Tool (CAIT) was used to assess self-reported ankle instability. Foot cutaneous sensation thresholds was assessed using Semmes-Weinstein monofilaments. Rate of force development (RFD) during a single-leg drop landing was quantified with a force platform. Paired t-tests were utilized to examine between-session differences in each dependent variable.

Results There were no differences in CAIT (Right:p=0.831 Left:p=0.688), foot cutaneous sensation thresholds (Right:p=0.177, Left:p=0.199), and RFD (Right:p=0.064, Left:p=0.079) between two testing sessions.

Conclusions No changes in the selected outcome measures occurred in high school female basketball athletes with bilateral RAS following six months, indicating that specific prevention strategies for RAS may be necessary to restore and improve self-reported and physical functions.

244 EPIDEMIOLOGY OF MATCH INJURIES IN SCOTTISH PROFESSIONAL RUGBY UNION

¹Stuart Bailey, ¹Russell Martindale, ²Lars Engebretsen, ³James Robson, ^{1,4}Debbie Palmer. ¹School of Applied Sciences, Edinburgh Napier University, Edinburgh, UK; ²Oslo Sports Trauma Research Center, Oslo, Norway; ³Scottish Rugby Union, Edinburgh, UK; ⁴Institute for Sport, PE and Health Sciences, Moray House School of Education and Sport, University of Edinburgh, Edinburgh, UK

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Background Injury incidence in professional rugby union tends to be greater than other team sports. Epidemiological studies