10.1136/bjsports-2021-IOC.230
halves and Number 8s (2.6%). The most common injury loca-
tion was the ankle (21.4%) and 42.9% of ankle injuries were
suffered by Locks. There was a significant association
(p=0.010) between player position and injury location. In
contrast, no significant associations (p>0.05) were observed
between player position and contact injury, contact event or
injury type.

Conclusions The Lock position was more prone to injury
than any other position during SLUG 2019 but the majority
of the players were injured regardless of the playing position.
Thorough physical conditioning and skill practice could be
key areas of concern to reduce injuries in university-level
rugby.

252 RELATIONSHIP BETWEEN BALANCE AND LOWER
EXTREMITY ROM, H/Q RATIO, HAMSTRING TIGHTNESS,
BEIGHTON SCORE IN PROFESSIONAL FOLK DANCERS
AND PROFESSIONAL FOOTBALL PLAYERS

Busra Akgrmul, Vecla Atansay, Ayhan Nedim Kara, Azmi Hamzaoglu, Neslihan Aksu,
Dominglu Bilim University Medical Faculty Florence Nightingale Hospital Orthopedics and
Traumatology Department, Istanbul, Turkey; 2Sisli Florence Nightingale Hospital Physical
Therapy and Rehabilitation Department, Istanbul, Turkey; 3Istanbul Florence Nightingale
Hospital Orthopaedic and Spine Center, Istanbul, Turkey.

Background One of the factors of performance is to be agile
that would require combination of speed, balance, power and
coordination. Balance analysis is often used as an indication
of risk of frequent injuries. In most of the sports, proipoceptive
education programs are adapted to prevent lower extremity
functional injuries.

Objective We aimed to determine the difference in balance
between professional dancers and professional footballers and
its relationship with lower extremity ROM, muscle strength
(hip abductor- adductor, quadriceps, hamstring), H/Q ratio,
hamstring tightness (Sit and reach, Straight Leg Raise (SLR)
test), hypermobility test (Beighton score).

Design Prospective comparative study.

Setting Professional folk dancers (Fire of Anatolia Dance
Group) and Premier League football players.

Patients (or Participants) Volunteered 20 professional folk
dancers and 20 Premier League football players.

Interventions (or Assessment of Risk Factors) Applied the following tests: single leg
hamstring bridge (SLHB), bridge test with unilateral knee extension, passive hip
internal rotation (IR) range of motion (ROM), hip abductor strength, hamstring flexibility
and composite score of Y-Test.

Results The classified participants were classified as
athletes due to greater ROM degrees and Hamstring flexibility.

Dancers are better in static and dynamic balances compare to
athletes due to greater ROM degrees and Hamstring flexibility.

253 RISK MANAGEMENT THROUGH AN ASSERTIVE
PRESEASON ASSESSMENT

Natâlia FN Bittencourt, Renato de Paula da Silva, Paola de Figueiredo Caldeira, Robson
José Rodrigo Tavares de Almeida, Ómar Jorge Ottoni, Gustavo Damásio Magliocca,
Luciana De Michielis Mendonça, PHAST – Physiotherapy Assessment Tool, Belo Horizonte, Brazil;
Sociedade Esportiva Palmeiras, São Paulo, Brazil; UFVJM – Universidade Federal
dos Vales do Jequitinhonha e Mucuri, Diamantina, Brazil.

Background Preseason assessment is common in sports teams
and aims to analyze athletes’ physical and functional parameters.
These data assist physical therapists to develop global and
individualized injury prevention programs and to identify
any improvement throughout the season.

Objective To determine predictors for musculoskeletal injuries
in youth male soccer athletes.

Design Cohort study.

Setting One youth soccer team facility.

Patients (or Participants) One hundred sixteen young male soc-
cer athletes.

Interventions (or Assessment of Risk Factors) All data were col-
clected in two days. Athletes were aleatory selected to perform
the tests and the physical therapists, previously trained,
were the last measure in all athletes. Injuries were collected
throughout the season.

Main Outcome Measurements any lower limb (LL) injury
occurring during scheduled games or practices that cause an
athlete to miss a subsequent game or practice session.

Results The Classification and Regression Trees (CART) model
identified as predictors of LL injuries in youth soccer athletes:
SLHB, bridge test with unilateral knee extension, passive hip
internal rotation ROM, hip abductors strength, hamstring
flexibility and composite score of Y-Test result. The model had
an accuracy of 76% (p<.0001) and the correct classification
was 88.6% for injury and 56.6% for non-injury.

Conclusions SLHB, bridge test with unilateral knee exten-
sion, passive hip internal rotation ROM, hip abductors
strength, hamstrings flexibility and composite score of Y-Test
should be included in pre-season assessment in youth soccer
athletes. The results of these tests could be used as parameters
to develop a prevention program in soccer.

254 PRE-SEASON CLINICAL ASSESSMENT OF THE HIP
EXTENSORS, EXTERNAL ROTATORS AND ABDUCTORS IN
COMPETITIVE SPRINTERs

Pedro Luiz Flores Fagnani, Natâlia FN Bittencourt, Fabian Peralta, EUSES/UGG/
University of Barcelona (U.B.), Barcelona, Spain; FisioDeportiva, Barcelona, Spain;
Department of Public Health of EMGO + Institute at the VU University Medical Center,
Amsterdam, Netherlands; Uni Bh University, Belo Horizonte, Brazil; Phast App, Belo
Horizonte, Brazil.

Background Preseason assessment is common in sports teams
and aims to analyze athletes’ physical and functional parameters.
These data assist physical therapists to develop global and
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