

The incidence of injury in elite (IAAF World Championship) athletes is 97/1000 athletes, with lower limb injuries accounting for 80% of all injuries; muscle strains are the most type of injury

Title: Sports injuries surveillance during the 2007 IAAF World Athletics Championships

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Reference: Clin J Sport Med 2009; 19(1): 26-32

Type of study: Prospective cohort study



Keywords: injury incidence, track and field, top-level athletes, championships

EB Rating: 8/10, **CI Rating:** 7/10

Background: There are reports of a high annual incidence of injuries in athletics, but this has not been studied well

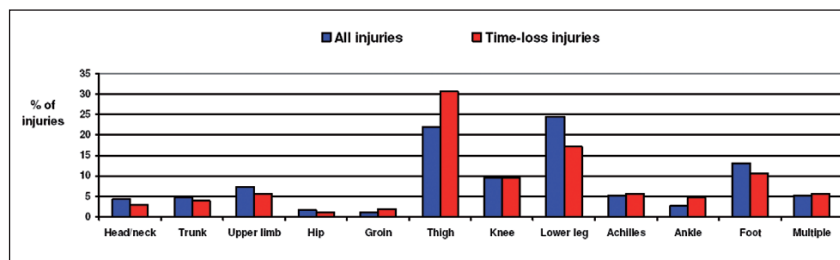
Research question/s: What is the incidence and nature of all sports injuries that were incurred in competitions and/or training during the 2007 World Athletics Championships?

Methodology:

- Subjects: 1660/1980 (84%) of registered athletes (various disciplines) participating in the 11th IAAF World Athletics Championships
- Experimental procedure: Previously validated injury report forms (n=333) were completed by team physicians and physiotherapists of 49 teams during the event. 192 injuries (defined as "all musculo-skeletal injuries newly occurred during competition or training regardless of the consequences with respect to absence from competition or training") were reported. All injuries and time-loss injuries were reported,
- Measures of outcome: Incidence of injury (per 1000 athletes), anatomical location, type, injuries in different disciplines,

Main finding/s:

- Incidence of injuries: 97/1000 registered athletes, with 72.4 /1000 during competition



- Most injuries were overuse (44%) and most occurred in the lower limbs (80%) - the most common injury was a thigh strain (15%)
- Injuries by discipline: This varied and the highest risk of a time-loss injury was heptathlon, women's 10,000 m, women's 3000 m steeplechase, decathlon, and men's marathon

Conclusion/s:

- The incidence of injury in elite (IAAF World Championship) athletes is 97/1000 athletes, with lower limb injuries accounting for 80% of all injuries – muscle strains are the most type of injury

Methodological considerations:

Well conducted study, results may not be applicable to non-elite athletes

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