

Posture Plus

HONG KONG FOOTBALL CLUB FIELD HOCKEY SECTION INJURY MONITORING REPORT 2010-2011 SEASON

Compiled by Judith Anne Gould
Physiotherapist
1st of June 2011

The following report has been compiled using data obtained from hockey club section members at training sessions over the 2010-2011 hockey season.

The following areas will be presented:

- Gender distribution of injuries
- When the injuries occurred
- The distribution of the injuries according to body area
- The severity of the injuries
- Injuries in the first and second half of the season
- Contributing factors to injuries
- Most common injuries

A copy of all of the above information presented in chart form is attached.

GENDER DISTRIBUTION OF INJURIES

The number of males who presented with injuries at the physiotherapy sessions was 58 compared to 74 females (see chart 1)

WHEN INJURIES OCCURRED

The predominant number of players presented with pre-existing problems - 63 out of the total of 128 reported injuries. Their injuries were either exacerbated by hockey or preventing 100% participation or fitness. A further 48 presented with injuries that occurred during or due to training (whether at HKFC or their own fitness training). A small number presented with injuries that occurred at games (15/128) and a very small number (2/128) were not sure when the injury occurred. (See chart 2)

DISTRIBUTION OF INJURIES

The distribution of injuries according to area is overwhelmingly the lower limb (82/128) of the recorded injuries followed by the trunk (37/128). (See chart 3)

SEVERITY OF INJURIES

The severity of presenting injuries ranged from mild – able to return to play, moderate unable to return to play immediately and severe – unable to return to play for greater than one month. The majority of injuries - 78 were mild, 41 had moderate injuries and 6 players were unable to return for a significant amount of the season. (See chart 4)

NUMBER OF SPECIFIC INJURIES

A large variety of injuries were documented - sprains, contusions, tears and tendonitis. The overwhelming presenting type of injury was muscle damage (see chart 5). The most commonly injured area was the back with knee pain increasing in the second half of the season.

CONTRIBUTING FACTORS TO INJURIES - ? PREVENTABLE

Overtraining injuries 19 - were very common in the early part of the season with members trying to get fit. 14 injuries were due to poor or a complete lack warm up and 7 sustained injuries that may have been prevented or been less traumatic if appropriate kit was worn (gloves, shin pads and hockey boots).

The second half of the season saw less problems with warm up (2) and more injuries due to overtraining/fatigue (10). Cold weather may have been a contributing factor to 2 low back injuries. (See Chart 6)

INJURIES IN 2010-2011 SEASON

The most common injuries were low back strains (21), knee pain (18) and strained quadriceps (9) and the remaining injuries were predominantly lower limb.

In the second half the most common complaint was knee pain (6).

SUMMARY

Posture Plus provided two physiotherapists for one hour each for the Tuesday and Thursday training sessions. The first half of the season was very time intensive for the therapists necessitating more hours - the total number of hours at training sessions between August and December was 35 hours. The number of consultations provided was 168. In the second half of the season the total hours were significantly less at 15 hours – note that our service ceased just prior to Easter due to decreased attendance.

Reviewing the three most common injuries -

Low back pain – (24), Knee pain – (24), and Quadriceps strain – (10). This indicates a need for more specific low back stabilising, stretching and mobilising and lower limb stretching for members, especially in the very early stages of training or pre-training.

I have put together a series of exercises that target the relevant areas with photos and explanations and it is now on our website:

www.posture-plus.com under the heading “Get Fit for Hockey – Injury Prevention”

Judith Gould

Physiotherapist

BPhy(Hons), M.Phil (HK)

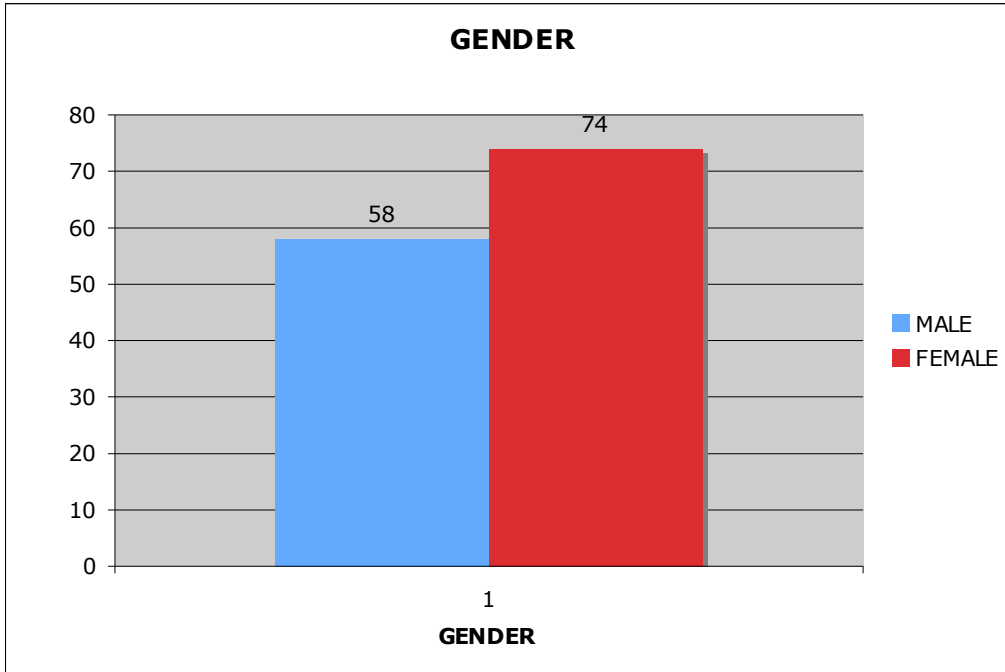


Chart 1

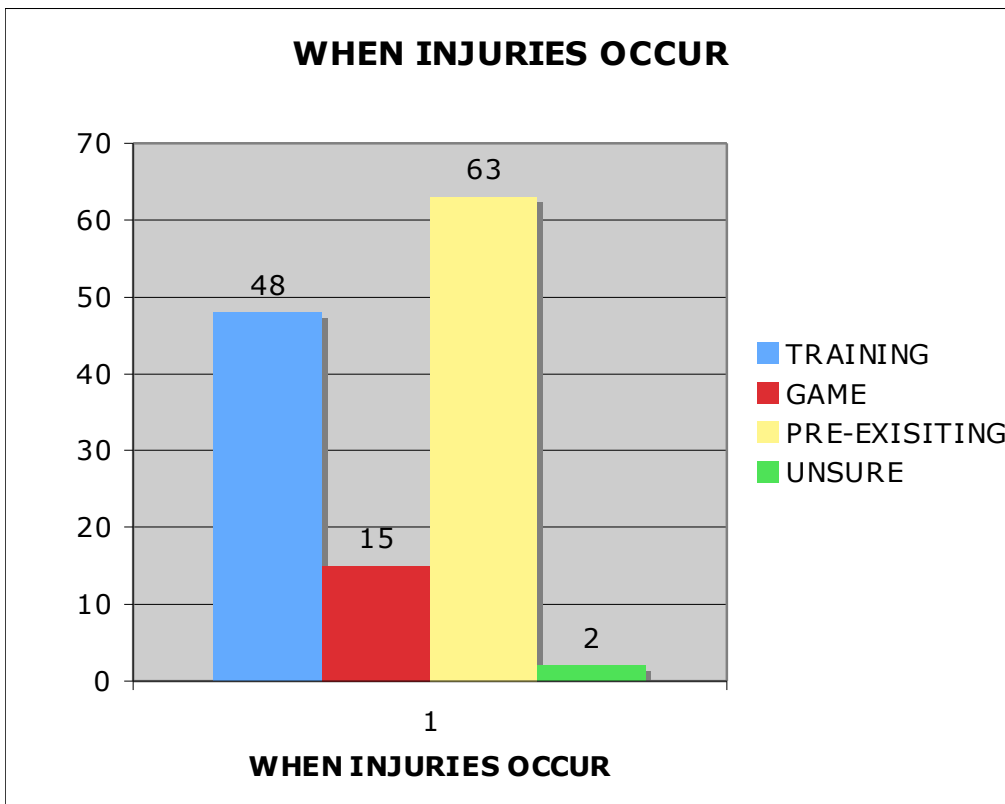


Chart 2

BODY DISTRIBUTION OF INJURIES

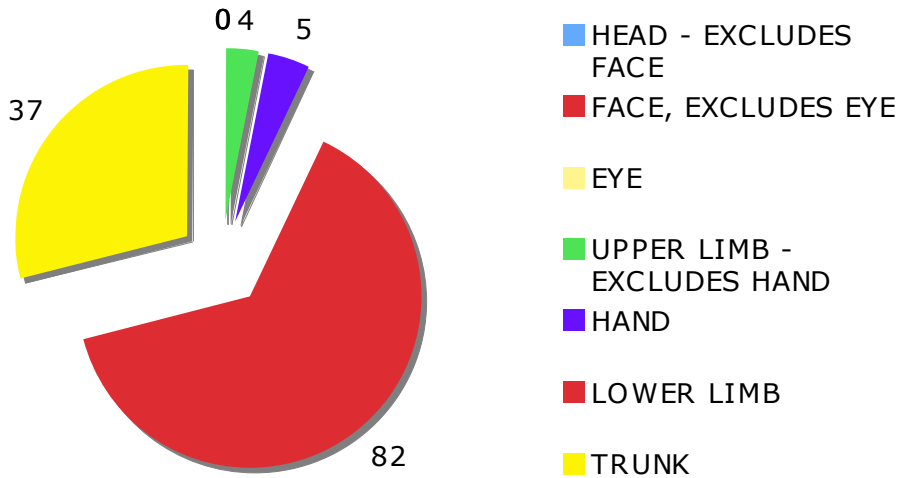


Chart 3

SEVERITY OF INJURIES

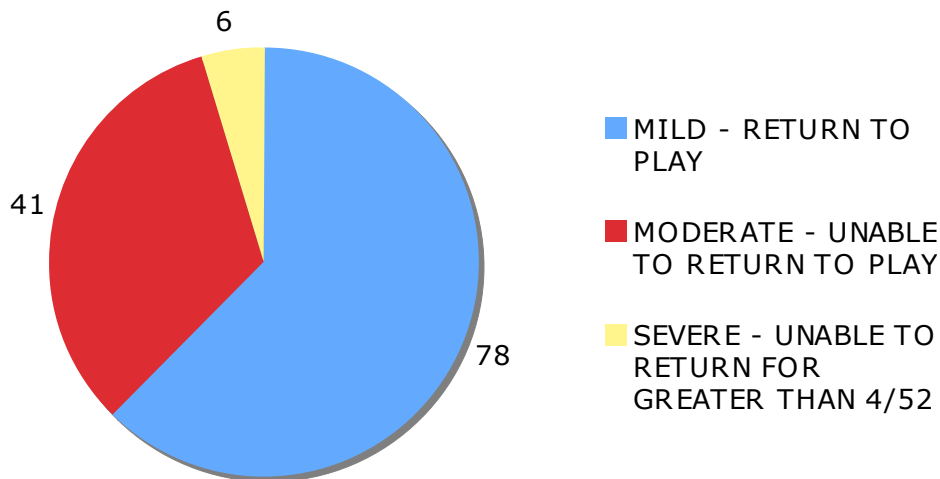
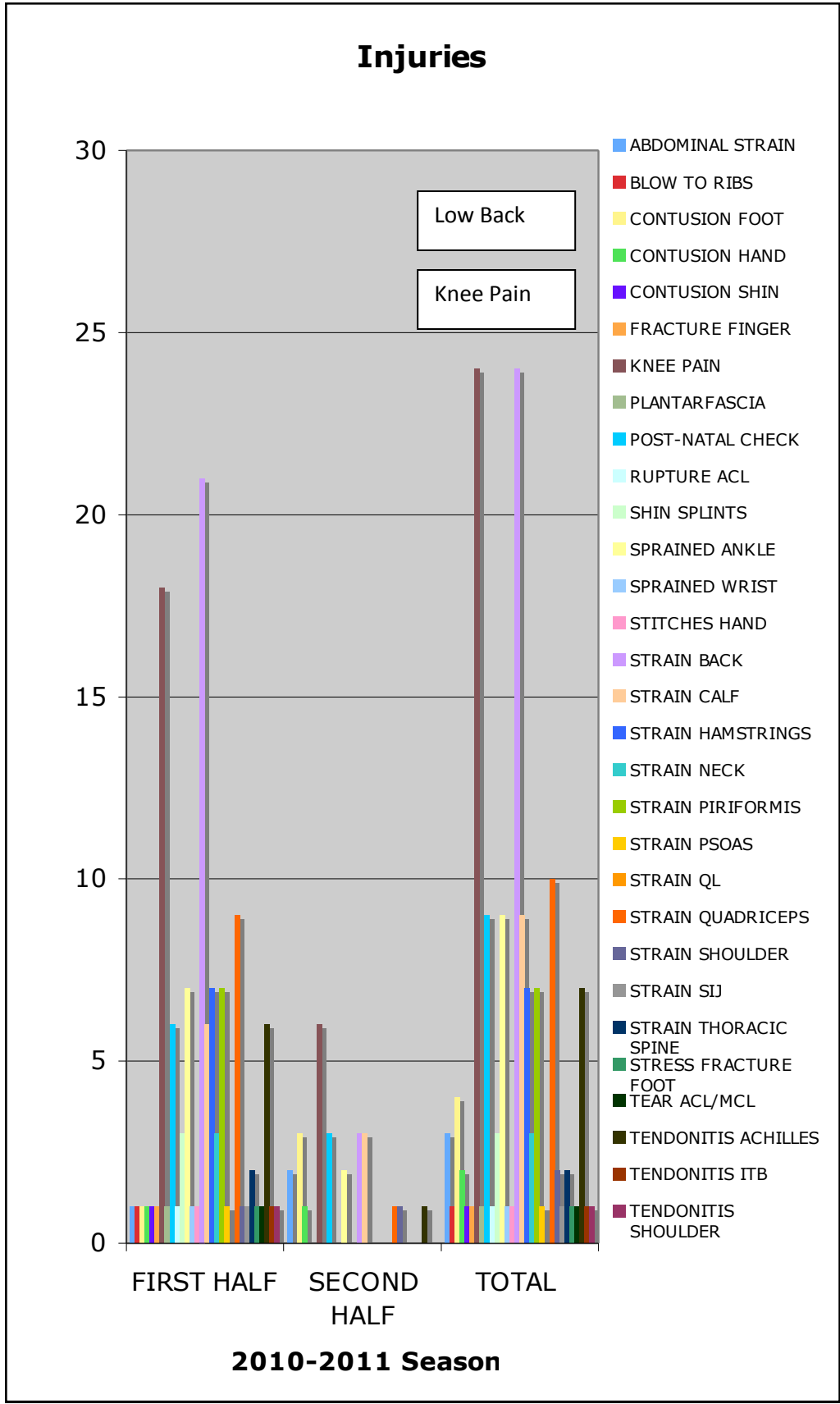


Chart 4

Chart 5



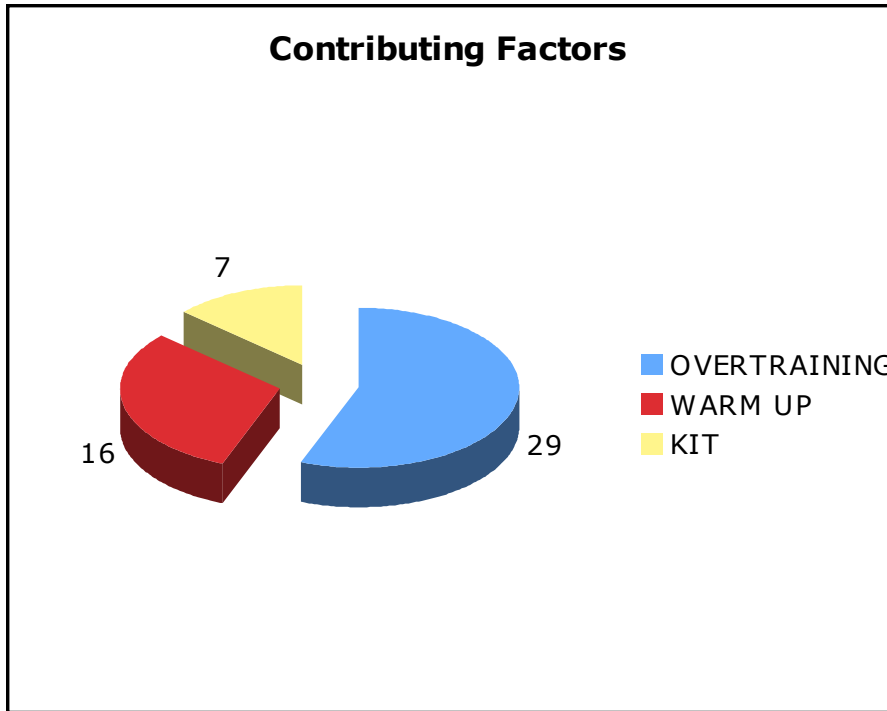


Chart 6

End of Report