

Posture Plus

HONG KONG FOOTBALL CLUB  
FIELD HOCKEY SECTION  
INJURY MONITORING REPORT  
2011-2012 SEASON

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1<sup>st</sup> of June 2011

The following report has been compiled using injury data obtained from field hockey section members at training sessions over the 2011-2012 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
- Most common injuries
- Contributing factors to injuries

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

#### **GENDER DISTRIBUTION OF INJURIES**

The number of males and females who presented with injuries at the physiotherapy sessions was even at 55 for the season. (See chart 1)

#### **WHEN INJURIES OCCURRED**

The predominant number (over fifty percent) of players presented with pre-existing problems – 64 out of the total 122 reported injuries. Their injuries were either exacerbated by hockey or prevented 100% participation or fitness. A further 26 members presented with injuries that occurred during or due to training (whether at HKFC, their own fitness training or other sports). A similar number presented with injuries that occurred at games (25) and 7 members reported being unsure of the method of injury (See chart 2).

#### **DISTRIBUTION OF INJURIES**

The distribution of injuries according to area is overwhelmingly the lower limb with 63% of the recorded injuries, followed by the trunk (30%). (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 - 105 were mild, 16 had moderate injuries and 1 player was 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, strains etc. The overwhelming presenting type of injury was muscle damage (see chart 5). The most commonly injured area was the lower back (22) followed by knee pain (17).

## CONTRIBUTING FACTORS TO INJURIES - ? PREVENTABLE

A significant number of injuries (43) were due to poor or a complete lack of warm up and 9 sustained injuries that may have been prevented or been less severe if appropriate kit was worn (gloves, shin pads and hockey boots). (See Chart 6)

## SUMMARY

Posture Plus provided two physiotherapists for one hour (minimum) each for the Tuesday and Thursday training sessions for 6 months (no cover was provided for December and cover was stopped in April 2012).

When comparing the information from this season to the previous seasons the following trends were found:

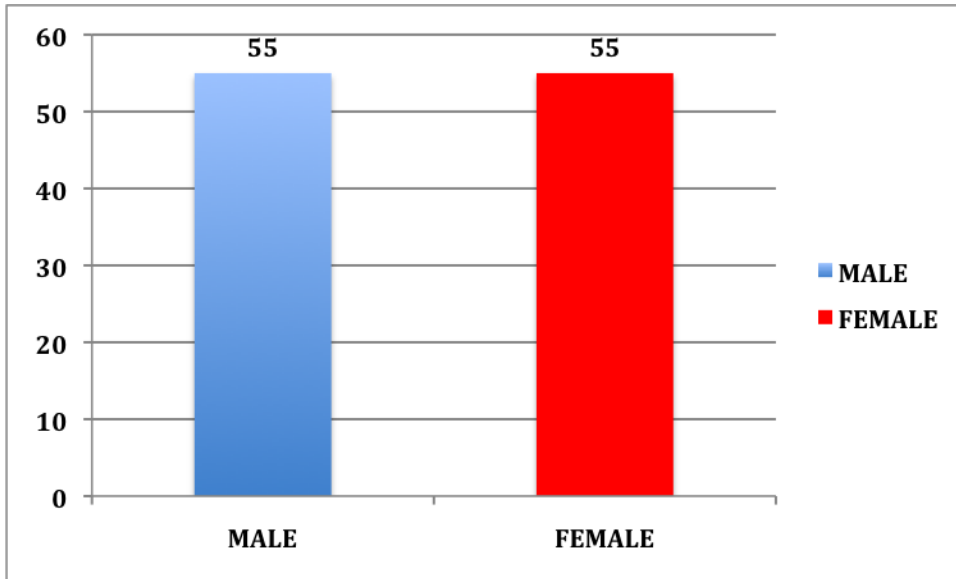
- Previous seasons saw a larger number of females compared to males utilizing the service, it is now equal
- Since the 2009-2010 season, when the first official report was written, the number of members seeking assistance from the Physiotherapists has more than doubled (42 to 110)
- **Injuries during training have dropped from 50% in 2009 to 21% this season**
- **Pre-existing injuries** now account for over 50% of the injuries for which members seek advice and treatment
- The same two key areas of injury is now firmly established over 3 season reports – **the lower limb and trunk** in almost the same percentages – 60% and 30% respectively
- In a specific injury breakdown the top three problem areas for the last 2 seasons has been **low back pain, knee pain and quadriceps strain respectively**
- The **percentage of moderate or severe injuries** has **decreased** over the last 3 seasons from **73% to 14%**
- In **over 50% of cases**, an adequate warm up or wearing the correct kit would certainly have decreased the likelihood and/or the extent of sustained injury

In order to provide more detailed preventative information, I, together with our new Sports Physiotherapist Sylvie Rudsdale (who will be taking over the Posture Plus Physiotherapy commitment to the HKFC Hockey Section next season), have put together a series of exercises that target the relevant problem areas with appropriate photos and explanations. This information will soon be updated onto our website: [www.posture-plus.com](http://www.posture-plus.com) under the heading “**Get Fit for Hockey – Injury Prevention**”. As with previous years I will also upload this report onto our website and make it available for all members of the HKFC to review.

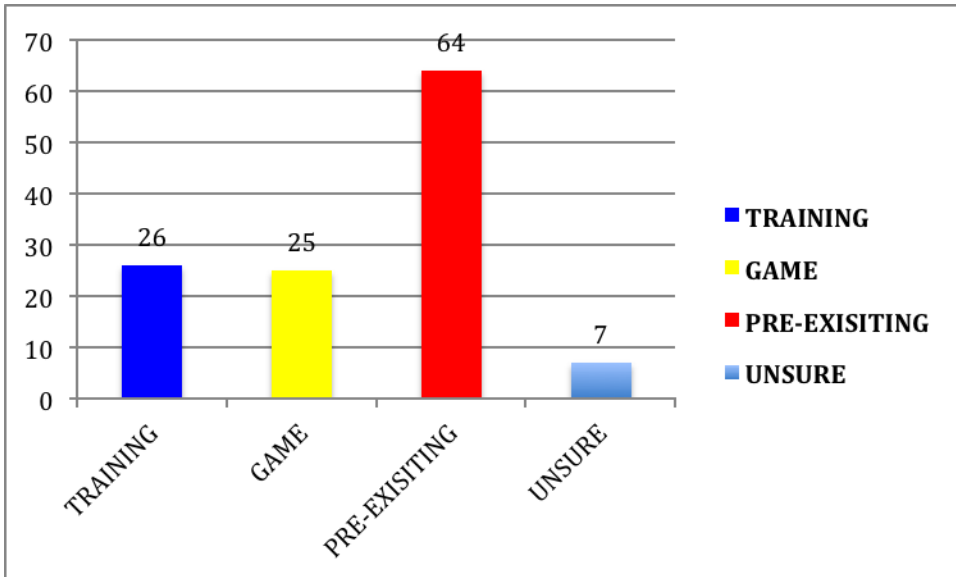
Judith Gould

Physiotherapist

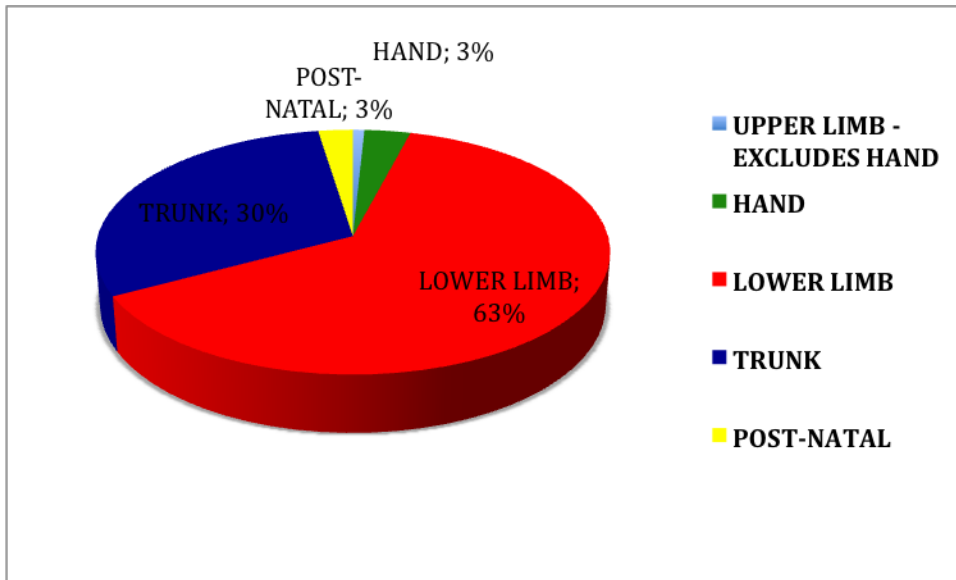
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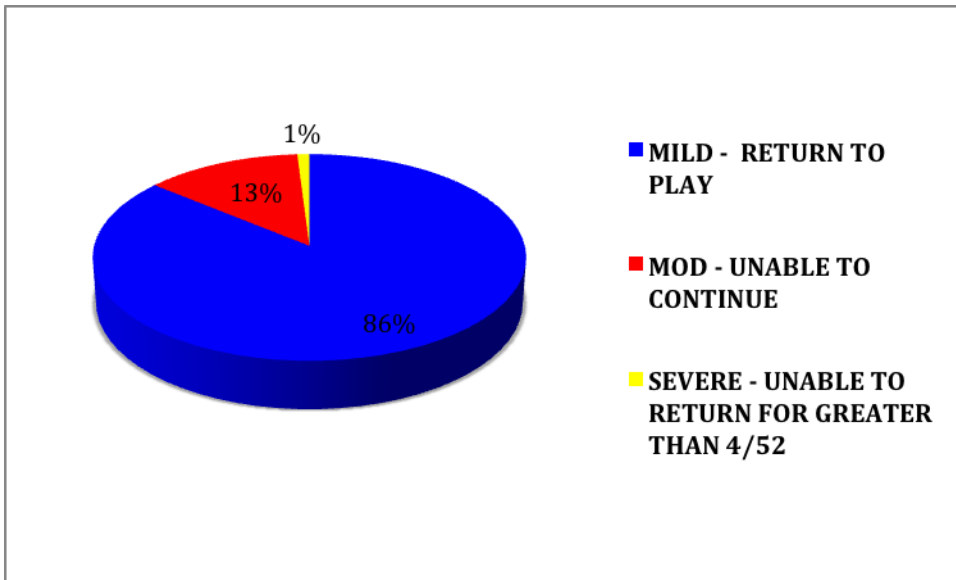
**Chart 1 Gender Distribution**



**Chart 2 When Injuries Occurred**



**Chart 3 Body Distribution of Injuries**



**Chart 4 Severity of Injury**

# INJURY

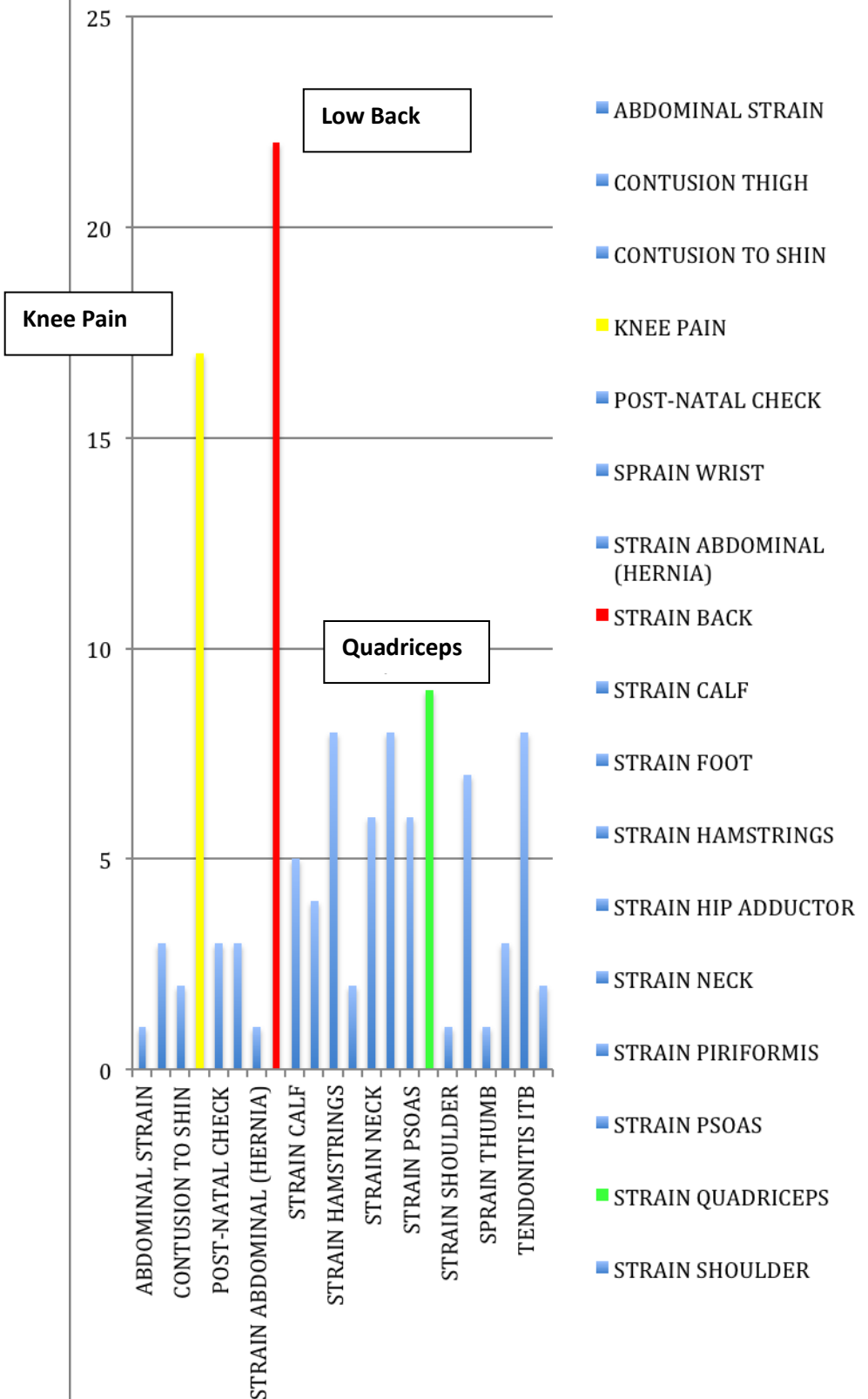
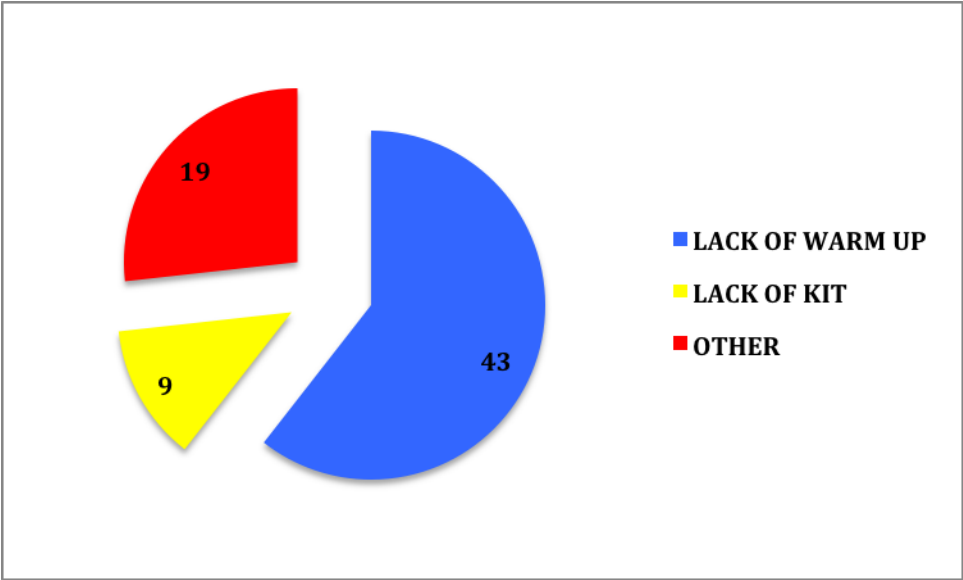


Chart 5 Specific Injury



**Chart 6 Contributing Factors**

*End of Report*