

**Data Analysis**  
**SMART Sports Injury Surveillance Registry**  
**Summer Data, 2007-2008**

The purpose of this report is to describe the results of the SMART Sports Injury Surveillance Registry for Summer, 2008. These results were based on data collected after June 7, 2008 and concluded by August 8, 2008.

**Overall Frequencies:**

There were 21 injuries reported for the summer time period. Twenty of these injuries occurred in football and one occurred in baseball. Twenty injuries (95.24%) were sports-related including 19 football injuries (19, 95%) followed by baseball injuries (1, 5%). All injuries (100%) occurred to the players. For all injuries, strains were the leading body injury (8, 40%), followed by sprains (3, 15%). When one body injury was reported, the leading cause was strain (9, 40%). When two body injuries were reported, the leading body injuries were spasm/cramp (1, 50%), sprain (1, 25%), strain (1, 25%), and tendonitis (1, 25%). Overall the leading body parts injured were right hamstring (3, 14.29%) and right shoulder (3, 14.29%). The leading player positions for injury were in football, flanker/wide receiver (4, 19.05%) and offensive guard (4, 19.05%). The second leading position for injury was football, quarterback (3, 14.29%). Most injuries occurred during other training (10, 50%), on grass (10, 52.63%), during hot weather (15, 78.95%), and in dry conditions (17, 94.44%).

The leading injury mechanism was in football, other (8, 38.10%), followed by football, sprinting/running/chasing (7, 33.33%). The leading injury activity was conditioning (7, 33.33%), followed by football, other (3, 14.29%). The leading injury location was in practice, the third half hour (5, 31.25%). Most players returned to activity in 3-6 days (6, 31.58%).

**Injury Player Demographics:**

The demographics for the injured players leads with juniors (7, 35%), followed by sophomores (6, 30%). The leading level of play was varsity (15, 75%). Most of the injuries occurred to white, non Hispanic players (11, 52.38%) followed by black, non-Hispanic (7, 33.33%).

**Injury Rates:**

The leading rate of injury per 1000 athletic exposures for practice was for baseball at 1.32 followed by football at .620.

## **Sports-Related Injury Frequencies**

As stated earlier, there were 20 sports-related injuries reported for the summer time period. Nineteen of the injuries occurred in football (19, 95%) followed by baseball (1, 5%). For all injuries, strains were the leading body injury (7, 36.84%), followed by sprains (3, 15.79%). When one body injury was reported, the leading cause was strain (7, 36.84%) followed by strains (4, 21.05%). When two body injuries were reported, the leading injuries were spasm/cramp (1, 25%), sprain (1, 25%), strain (1, 25%), and tendonitis (1, 25%). Overall the leading body parts injured were right hamstring (3, 15%) and right shoulder (3, 15%). When one body part injured was reported, right hamstring (3, 15%) and right shoulder (3, 15%) led. The leading player positions for injury were in football, flanker/wide receiver (4, 20%), offensive guard (3, 15%), and quarterback (3, 15%). Most injuries occurred during practice, single session (9, 47.37%) and other training (9, 47.37%), on grass (9, 50%), during hot weather (14, 77.78%), and in dry conditions (16, 94.12%).

The leading injury mechanism was in football, other (7, 35%) and football, sprinting/running/chasing (7, 35%). The leading injury activity was football, conditioning (7, 35%), followed by football, blocking drill (2, 10%), football, other (2, 10%), football, passing play (defense) (2, 10%), football, throwing (2, 10%), and football, weight room (2, 10%). The leading injury location was football, other (5, 29.41%) followed by practice field (5, 29.41%). Injuries occurred mostly in practice, the third half hour (5, 31.25%). Most players returned to activity in 3-6 days (5, 27.78%), 7-9 days (5, 27.78%) and 10-21 days (5, 27.78%).

For the one baseball injury, the leading mechanism was throwing-pitching and the leading activity was pitching. The location was the pitchers mound. The bat type was metal.

## **Injury Player Demographics:**

Most injuries occurred to juniors (7, 36.84%), followed by sophomores (6, 31.58%). The leading level of play was varsity (14, 73.68%). Most of the injuries occurred to white, non Hispanic players (10, 50%) followed by black, non-Hispanic (7, 35%).

## **Injury Rates:**

The leading rate of injury per 1000 athletic exposures for practice was for baseball at 1.32 followed by football at .620.