

EPIDEMIOLOGICAL CHARACTERISTICS OF UPPER EXTREMITY INJURY IN JAPANESE COLLEGIATE RUGBY PLAYERS

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Introduction

This study aimed to examine the incidence and characteristics of upper extremity injury in Japanese collegiate rugby players.

Method

During 2008-2009 seasons, 220 players (trainees and match players) were recruited from a Japanese university club. Data on injury were collected by a doctor and an athletic trainer and analyzed according to Orchard Sports Injury Classification System to determine the incidence and location of injuries. Incidence of injury is reported as the number of injuries per 1000 player-hours (PH) of exposure (95% confidence interval [CI]). Severity of injury is reported as mean values (95% CI) and categorized as minimal (2–3 days), mild (4–7 days), moderate (8–28 days), and severe (>28 days). This survey analyzed the incidence type, position, and severity of upper extremity injuries as well as activity, and school grade of the players.

Results& Discussion

Overall exposure time was 93,749 h, including 90,309 h of training and 3,440 h of matches. The total number of overall injuries was 281, and the incidence was 3.00 /1000 PH (training, 1.97/1000 PH; matches, 29.94/1000 PH). Shoulder injury was the second most highly prevalent injury after knee injury. The incidence of shoulder injury was almost the same between Forwards and Backs (FW 0.29/1000 PH; BK 0.31/1000 PH). Most upper extremity injuries were sustained in a tackling situation (0.20/1000 PH). Average severity of shoulder injury (83.1 days) was the second highest after that of knee injuries. The incidence of shoulder injury in freshmen and sophomores was more than 65%.

The incidence and severity of upper extremity injury were high. These results suggest the need for a system to prevent shoulder injury in rugby football players. The position of injuries did not remarkably differ between the players; thus, prevention of overall injuries should be planned.

Reference

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