



UEFA ELITE CLUB INJURY STUDY

Season 2012/2013 Report

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1 Participating clubs

This report contains results from the full 2012/13 season (July 2012 to May 2013) and includes data from 22 clubs which delivered full details during the season:

Belgium		Club Brugge KV		RSC Anderlecht
England		Arsenal		Manchester United
		Manchester City		Chelsea
France		Paris Saint-Germain FC		
Germany		Borussia Dortmund		FC Bayern München
Greece		Panathinaikos		
Italy		AC Milan		FC Internazionale Milano
		Juventus		
The Netherlands		AFC Ajax		PSV Eindhoven
Portugal		SL Benfica		FC Porto
		SC Braga		
Scotland		Celtic		
Spain		FC Barcelona		Real Madrid CF
Ukraine		FC Shakhtar Donetsk		

2 Presentation

The report is divided into nine sections with data on: exposure, general injury patterns, training injuries, match injuries, severe injuries, squad attendance/availability and squad absence, muscle/tendon strain injuries, joint/ligament sprain injuries, and re-injuries. Each section is split into four subheadings:

- **Injury patterns:** the number of injuries over the season and the relative distribution (%) of the total number of injuries – for injury location, type, mechanism, overuse/trauma, contact/non-contact, severity, re-injury rate, monthly distribution and injury occasion.
- **Injury incidence:** the number of injuries relative to exposure time, allowing the individual injury rate to be evaluated. Injury incidence is expressed as the number of injuries/1,000 hours of exposure.
- **Injury burden:** a combined measure of the frequency (incidence) and severity (days' absence) of injuries giving the burden of injury for the player and consequences for the team. Injury burden is expressed as the number of days of absence/1,000 hours of exposure. Example: Team A with 10 injuries (absence of 10 days on average) in 5,000 hours has an injury burden of 20 days/1,000 hours. Team B with 20 injuries (absence of 5 days on average) in 5,000 hours also has an injury burden of 20 days/1,000 hours.
- **Days' absence:** current data such as the total number of days lost because of specific injuries and the minimum, maximum and average absence for this injury.



3 Interpretation of results

When comparing the results of your club with other participating clubs, please bear in mind that:

- Because of the limited data collected over one season, the relative percentages or injury incidences presented are sometimes based on few actual injuries. This means that some results should be interpreted with caution.
- The overall number of injuries varies between clubs, mainly because of the number of slight injuries. It is therefore important not only to focus on the injury incidence (relates to number of injuries) but also to study the injury burden (accounts for the number of injuries + severity of injuries), severe injuries and squad availability figures as these variables may have a greater impact on the club.
- For players who were still injured at the end of the season, we have used: a) the club's estimation of return date, or b) an approximation of severity based on the mean absence for this particular injury. Some data on the number of days' absence and injury risk presented in the report could therefore be based on approximated/estimated values.
- In cases where information about an injury was lacking this has been specified under the subheading. Four injury cards were missing and were excluded from analyses.

We hope that you will find this report useful in your daily work treating and preventing injuries at your club. Please do not hesitate to contact the study group if you have any questions about how to interpret the results. Please also inform us of any other analyses you would like us to include in these reports in the future. We look forward to hearing your feedback.

Thank you for your assistance and support with the study during the 2012/13 season. We look forward to continuing this cooperation in the future.

4 Exposure

In total, 139,939 hours of exposure were recorded during 2012/13, with approximately 117,578 training hours (84%) and 22,361 match hours (16%). **Team X** had 7,024 hours of total exposure, with 6,093 (87%) training hours and 931 (13%) match hours.

On average, teams had 199 training sessions and 57 matches over the season. Since the period of recording differed between teams we also calculated a monthly training and match load. On average teams had 20.0 training sessions and 5.8 matches per month, giving an average training/match ratio of 3.5 training sessions per match.

Figure 1. Number of training sessions/month

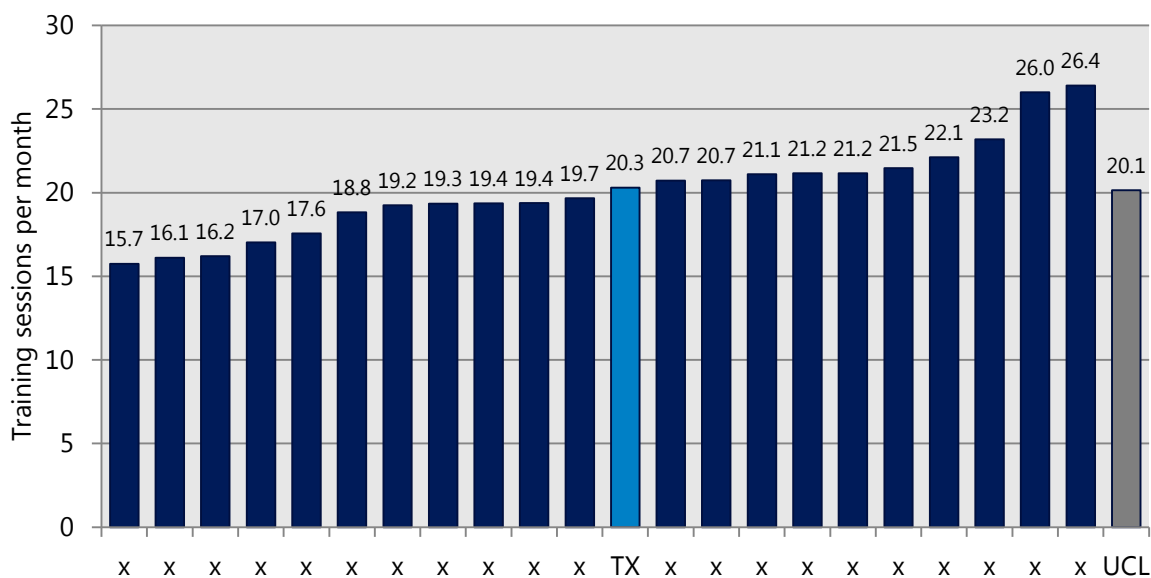


Figure 2. Number of matches/month

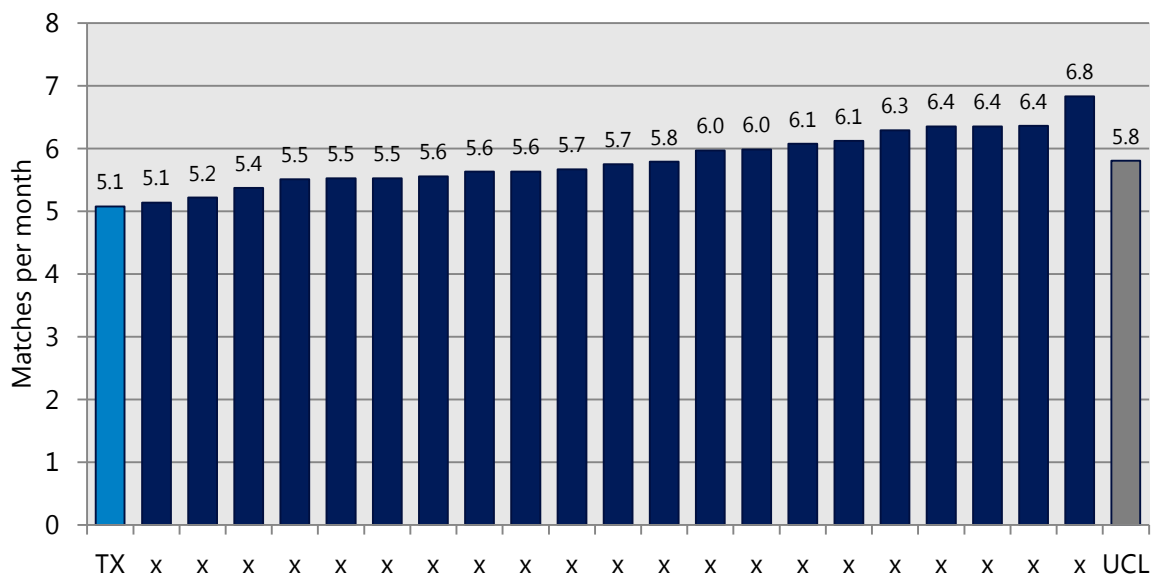


Figure 3. Training/match ratio

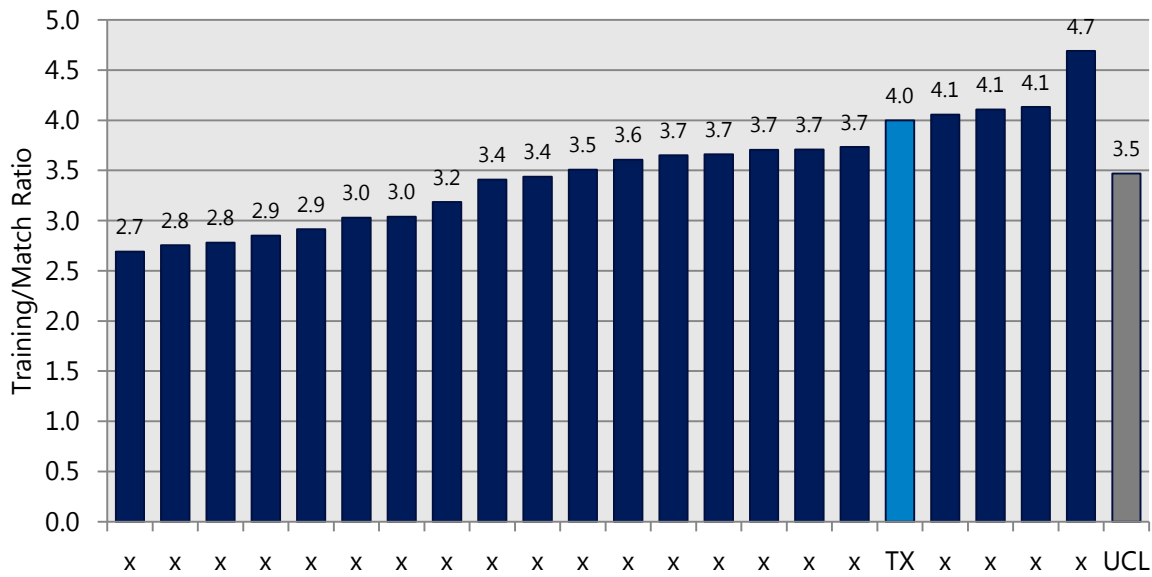
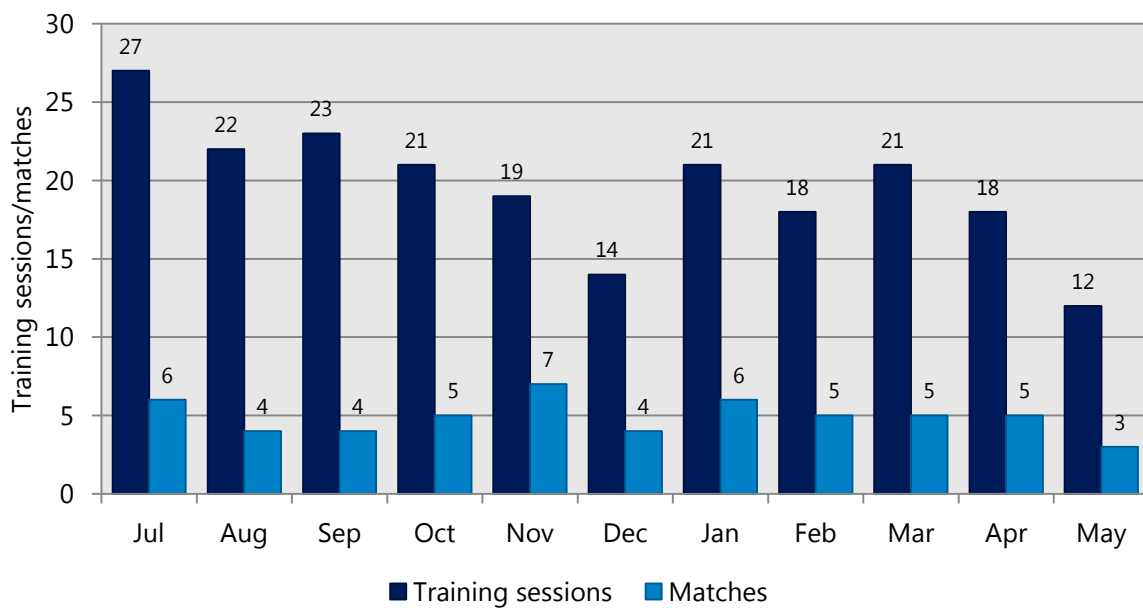


Figure 4. Number of training sessions (dark blue bars) and matches (light blue bars) for **Team X** distributed over the season



5 General injury patterns

The tables show the number (N) and relative distribution of injuries (%). In total, 892 injuries were included in the analyses, with 495 match injuries (55%) and 397 training injuries (45%).

Data from **Team X** included 35 injuries (21 match injuries, 14 training injuries) from July 2012 to May 2013.

Table 1. Injury locations

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Head/face	0	0	2	0.5	0	0	12	2.5	0	0	14	1.6
Neck/cervical spine	0	0	1	0.3	0	0	1	0.2	0	0	2	0.2
Shoulder/clavicle	1	7.1	3	0.8	0	0	13	2.7	1	2.9	16	1.8
Elbow	0	0	0	0	0	0	2	0.4	0	0	2	0.2
Wrist	0	0	0	0	0	0	1	0.2	0	0	1	0.1
Hand/finger/thumb	0	0	2	0.5	1	4.8	2	0.4	1	2.9	4	0.5
Sternum/ribs/upper back	0	0	9	2.3	0	0	7	1.5	0	0	16	1.8
Abdomen	0	0	5	1.3	0	0	8	1.7	0	0	13	1.5
Lower back/pelvis/sacrum	0	0	24	6.2	0	0	25	5.3	0	0	49	5.7
Hip/groin	2	14.3	70	18.0	4	19.0	55	11.6	6	17.1	125	14.5
Thigh	8	57.1	126	32.4	3	14.3	138	29.0	11	31.4	264	30.5
Knee	1	7.1	55	14.1	3	14.3	56	11.8	4	11.4	111	12.8
Lower leg/Achilles tendon	0	0	38	9.8	1	4.8	52	10.9	1	2.9	90	10.4
Ankle	1	7.1	33	8.5	7	33.3	76	16.0	8	22.9	109	12.6
Foot/toe	1	7.1	21	5.4	2	9.5	28	5.9	3	8.6	49	5.7
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 2. Injury types

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Fracture	1	7.1	9	2.3	2	9.5	20	4.2	3	8.6	29	3.4
Other bone injury	0	0	3	0.8	0	0	3	0.6	0	0	6	0.7
Dislocation/subluxation	1	7.1	4	1.0	0	0	11	2.3	1	2.9	15	1.7
Sprain/ligament injury	1	7.1	40	10.3	5	23.8	91	19.1	6	17.1	131	15.1
Meniscus/cartilage	0	0	14	3.6	0	0	11	2.3	0	0	25	2.9
Muscle rupture/strain/cramps	6	42.9	152	39.1	5	23.8	180	37.8	11	31.4	332	38.4
Tendon injury/rupture/tendinitis	2	14.3	39	10.0	2	9.5	29	6.1	4	11.4	68	7.9
Haematoma/contusion/bruise	1	7.1	32	8.2	6	28.6	58	12.2	7	20.0	90	10.4
Abrasion	0	0	2	0.5	0	0	0	0	0	0	2	0.2
Laceration	0	0	2	0.5	0	0	2	0.4	0	0	4	0.5
Concussion	0	0	0	0	0	0	2	0.4	0	0	2	0.2
Nerve injury	0	0	3	0.8	0	0	4	0.8	0	0	7	0.8
Synovitis/effusion	0	0	7	1.8	1	4.8	11	2.3	1	2.9	18	2.1
Overuse, unspecified	2	14.3	44	11.3	0	0	30	6.3	2	5.7	74	8.6
Other injury	0	0	38	9.8	0	0	24	5.0	0	0	62	7.2
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 3. Injury mechanism

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Running/sprinting	5	35.7	73	21.1	3	14.3	83	18.4	8	22.9	156	19.6
Twisting/turning	1	7.1	30	8.7	0	0	33	7.3	1	2.9	63	7.9
Shooting	1	7.1	36	10.4	1	4.8	21	4.7	2	5.7	57	7.2
Passing/crossing	0	0	17	4.9	0	0	19	4.2	0	0	36	4.5
Dribbling	0	0	2	0.6	0	0	8	1.8	0	0	10	1.3
Jumping/landing	0	0	24	6.9	1	4.8	27	6.0	1	2.9	51	6.4
Falling/diving	0	0	8	2.3	1	4.8	13	2.9	1	2.9	21	2.6
Stretching	0	0	5	1.4	0	0	3	0.7	0	0	8	1.0
Sliding	0	0	4	1.2	4	19.0	11	2.4	4	11.4	15	1.9
Overuse	4	28.6	77	22.3	3	14.3	65	14.4	7	20.0	142	17.8
Hit by ball	0	0	2	0.6	0	0	2	0.4	0	0	4	0.5
Collision	1	7.1	22	6.4	1	4.8	38	8.4	2	5.7	60	7.5
Heading	0	0	0	0	0	0	4	0.9	0	0	4	0.5
Tackled	0	0	11	3.2	0	0	62	13.7	0	0	73	9.2
Tackling	1	7.1	1	0.3	0	0	11	2.4	1	2.9	12	1.5
Kicked	1	7.1	23	6.6	6	28.6	34	7.5	7	20.0	57	7.2
Blocked	0	0	3	0.9	0	0	5	1.1	0	0	8	1.0
Use of arm/elbow	0	0	2	0.6	0	0	3	0.7	0	0	5	0.6
Other acute mechanism	0	0	6	1.7	1	4.8	9	2.0	1	2.9	15	1.9
Total	14	100	346	100	21	100	451	100	35	100	797	100

Table 4. Overuse/trauma distribution

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Overuse	4	28.6	197	50.6	3	14.3	131	27.5	7	20.0	328	37.9
Trauma	10	71.4	192	49.4	18	85.7	345	72.5	28	80.0	537	62.1
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 5. Contact/non-contact distribution

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Non-contact	11	78.6	323	83.0	13	61.9	296	62.2	24	68.6	619	71.6
Contact player	3	21.4	64	16.5	8	38.1	177	37.2	11	31.4	241	27.9
Contact object	0	0	2	0.5	0	0	3	0.6	0	0	5	0.6
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 6. Injury severity

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
Slight [0 days]	1	7.1	5	1.3	0	0.0	1	0.2	1	2.9	6	0.7
Minimal [1-3 days]	3	21.4	73	18.8	8	38.1	60	12.6	11	31.4	133	15.4
Mild [4-7 days]	1	7.1	91	23.5	4	19.0	111	23.4	5	14.3	202	23.4
Moderate [8-28 days]	8	57.1	154	39.7	6	28.6	205	43.2	14	40.0	359	41.6
Severe [>28 days]	1	7.1	65	16.8	3	14.3	98	20.6	4	11.4	163	18.9
Total	14	100	388	100	21	100	475	100	35	100	863	100

Table 7. Re-injury rate

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
No re-injury	13	92.9	348	89.5	20	95.2	431	90.5	33	94.3	779	90.1
Re-injury	1	7.1	40	10.3	1	4.8	45	9.5	2	5.7	85	9.8
Unknown	0	0	1	0.3	0	0	0	0	0	0	1	0.1
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 8. Monthly distribution of injuries

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
June	0	0	0	0	0	0	0	0	0	0	0	0
July	1	7.1	41	10.5	1	4.8	27	5.7	2	5.7	68	7.9
August	1	7.1	51	13.1	0	0	48	10.1	1	2.9	99	11.4
September	3	21.4	26	6.7	1	4.8	51	10.7	4	11.4	77	8.9
October	0	0	28	7.2	2	9.5	58	12.2	2	5.7	86	9.9
November	0	0	34	8.7	5	23.8	62	13.0	5	14.3	96	11.1
December	3	21.4	37	9.5	2	9.5	44	9.2	5	14.3	81	9.4
January	1	7.1	53	13.6	2	9.5	28	5.9	3	8.6	81	9.4
February	2	14.3	29	7.5	0	0	41	8.6	2	5.7	70	8.1
March	2	14.3	32	8.2	5	23.8	47	9.9	7	20.0	79	9.1
April	1	7.1	35	9.0	2	9.5	40	8.4	3	8.6	75	8.7
May	0	0	23	5.9	1	4.8	30	6.3	1	2.9	53	6.1
Total	14	100	389	100	21	100	476	100	35	100	865	100

Table 9. Injury occasion

	Training				Match play				Total			
	Team X		Other teams		Team X		Other teams		Team X		Other teams	
	N	%	N	%	N	%	N	%	N	%	N	%
First team	13	92.9	379	97.7	20	95.2	430	90.3	33	94.3	809	93.6
Reserve team	1	7.1	0	0	0	0	17	3.6	1	2.9	17	2.0
National team	0	0	9	2.3	1	4.8	29	6.1	1	2.9	38	4.4
Total	14	100	388	100	21	100	476	100	35	100	864	100

5.1 Training injury patterns

5.1.1 Incidence of training injuries

The mean training injury incidence for all teams was 3.4 injuries/1,000 training hours, ranging from 1.5 to 11.8.

Figure 5. Training injury incidence

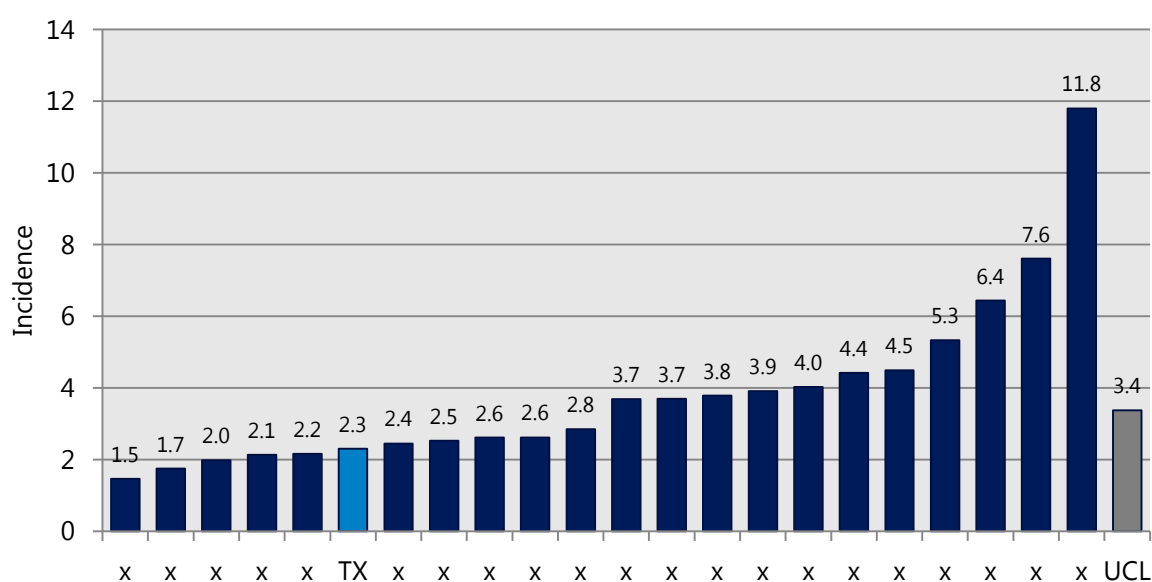
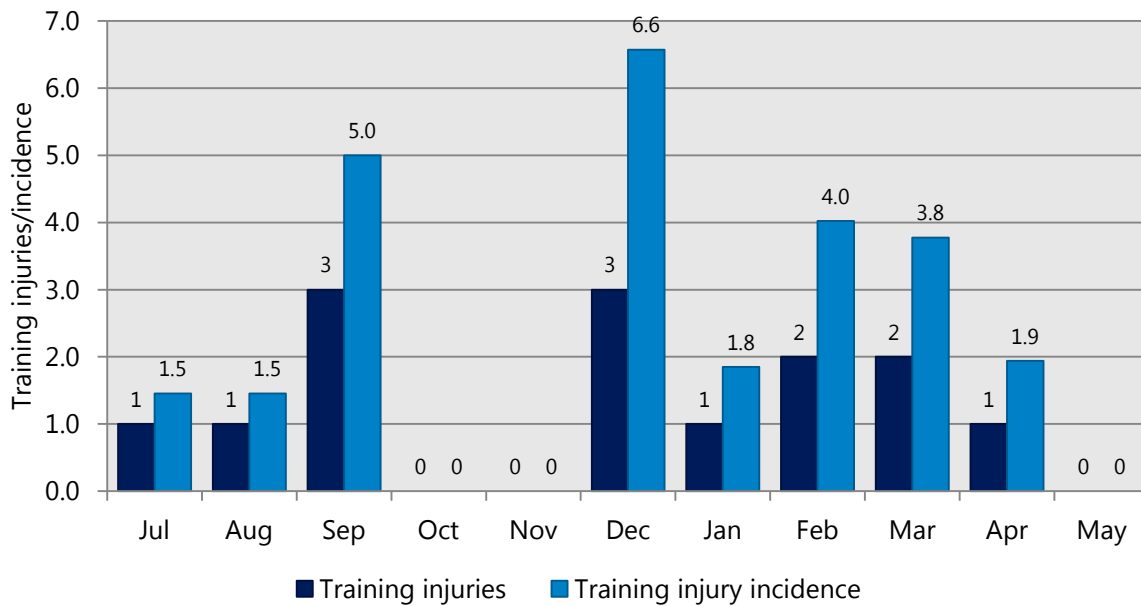


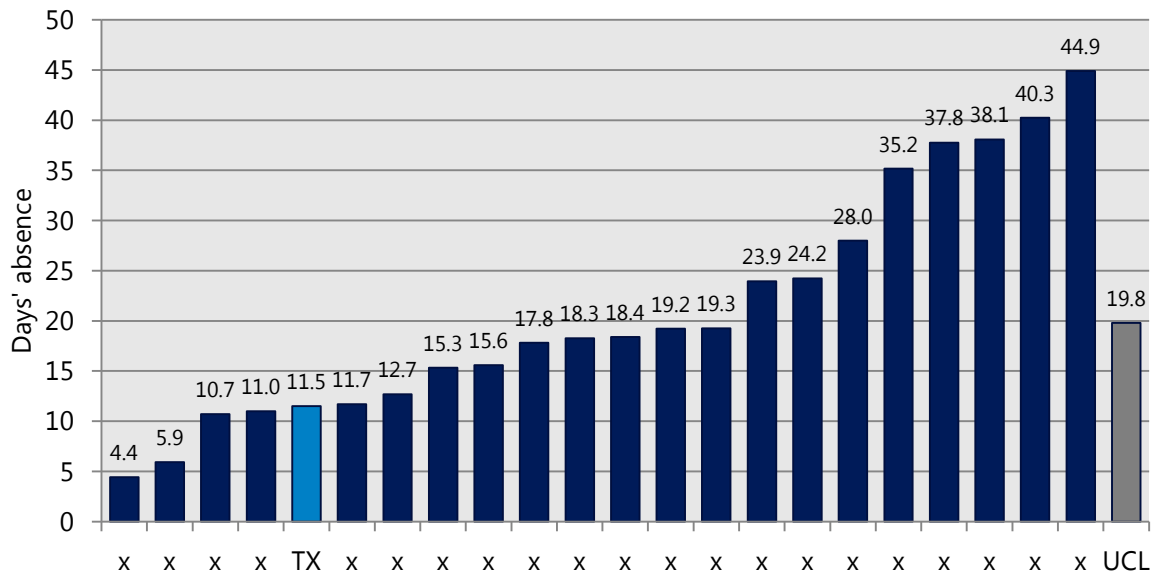
Figure 6. Monthly distribution of training injuries (dark blue bars) and training injury incidence (light blue bars) for **Team X** across the season



5.1.2 Days' absence for training injuries

The average absence for training injuries among the teams was 20 days, ranging from 4 to 45 days.

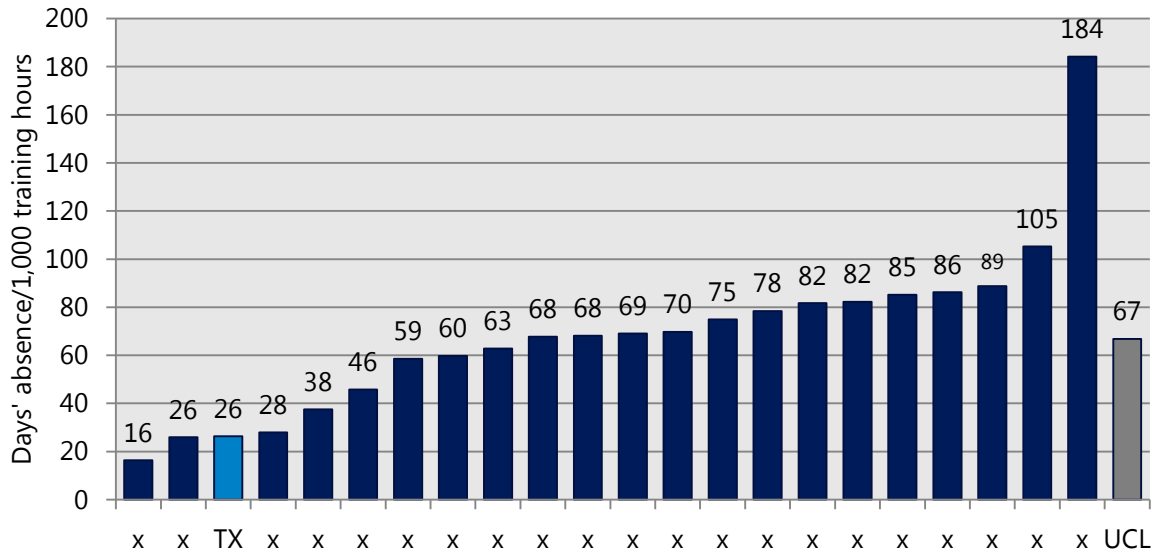
Figure 7. Days' absence for training injuries



5.1.3 Burden of training injuries

The mean injury burden in training was 67 days' absence/1,000 hours, ranging from 16.3 to 184.1.

Figure 8. Training injury burden



5.2 Match injury patterns

5.2.1 Incidence of match injuries

The mean match injury incidence for all teams was 22 injuries/1,000 match hours, ranging from 4 to 39.

Figure 9. Match injury incidence

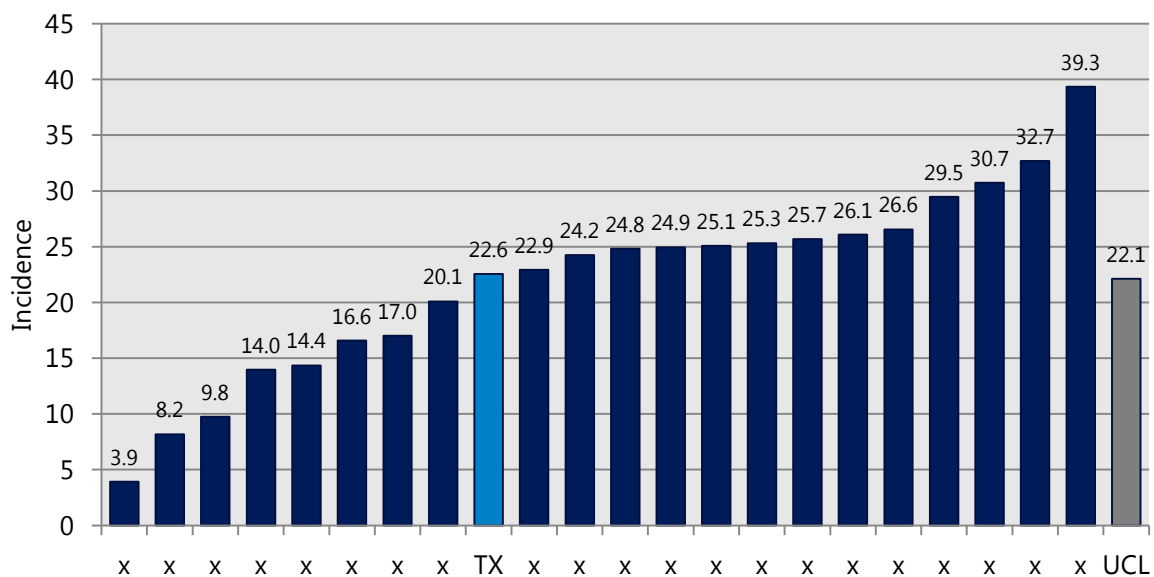
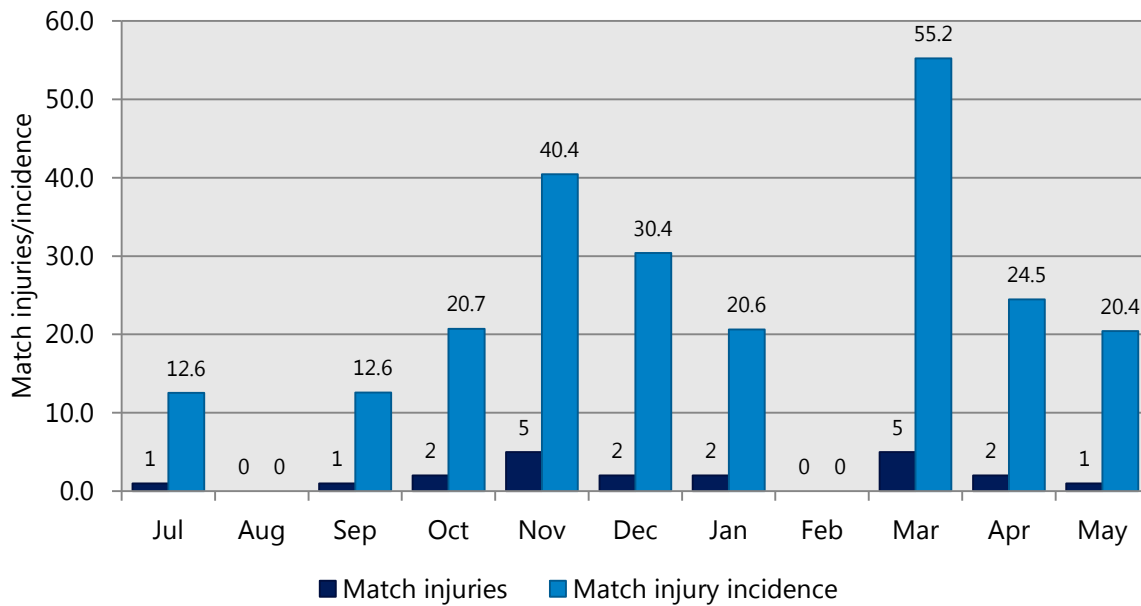


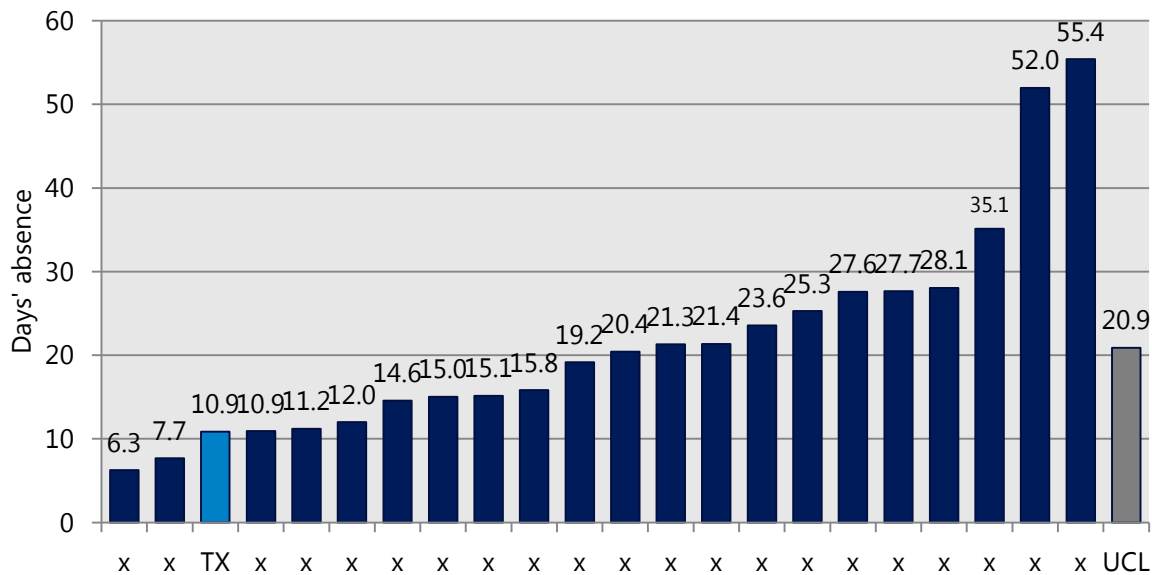
Figure 10. Monthly distribution of match injuries (dark blue bars) and match injury incidence (light blue bars) for **Team X** across the season



5.2.2 Days' absence for match injuries

The average absence for match injuries among the teams was 21 days, ranging from 6 to 55 days.

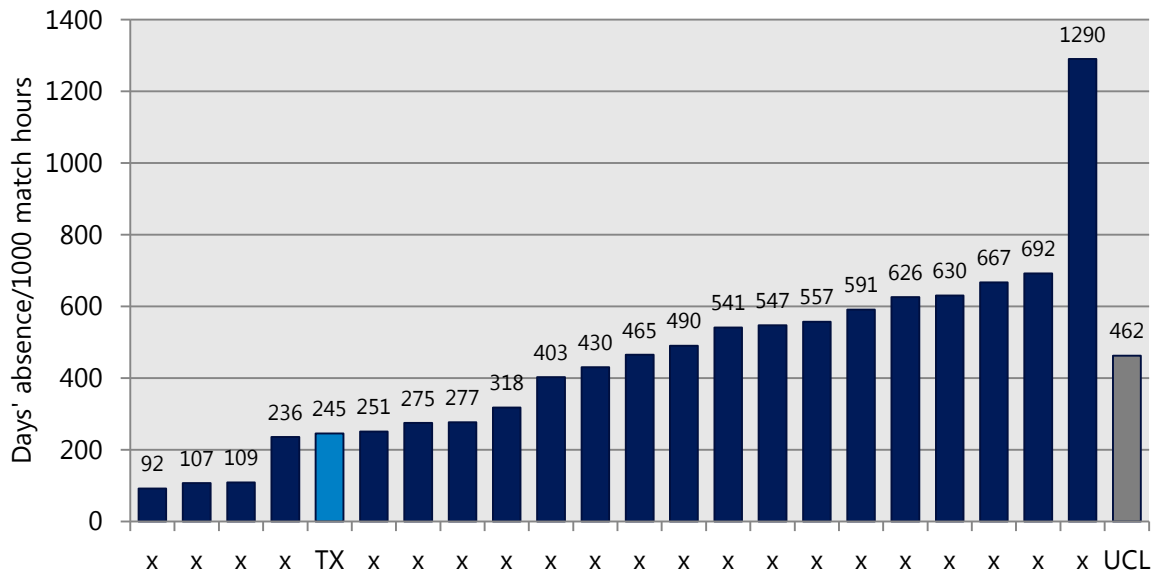
Figure 11. Days' absence for match injuries



5.2.3 Burden of match injuries

The mean injury burden in match play was 462.3 days' absence/1,000 hours, ranging from 91.6 to 1,290.5.

Figure 12. Match injury burden



5.3 Severe injury patterns

Injuries resulting in more than four weeks' absence are classified as severe injuries.

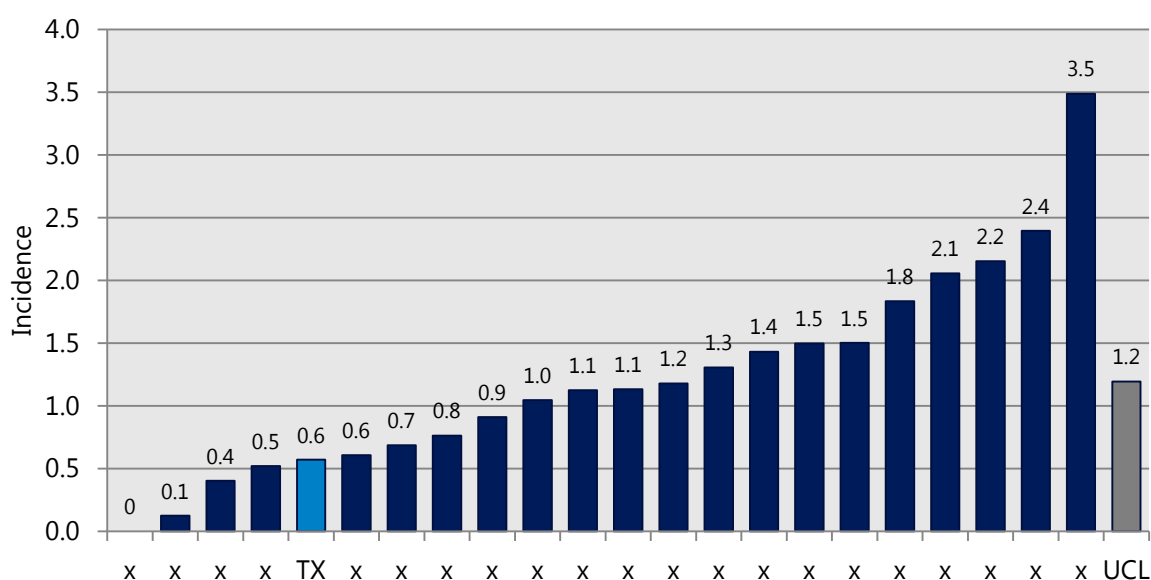
Table 10. Diagnoses of severe injuries

OSICS 10 Code	Diagnosis description	Team X		Other teams	
		N	%	N	%
TMHB	Biceps femoris strain grade 1 - 2	3	75.0	12	7.4
AFTX	Fractured talus	1	25.0	0	0

5.3.1 Incidence of severe injuries

The injury incidence for all teams was 1.2 severe injuries/1,000 hours, ranging from 0 to 3.5.

Figure 13. Severe injury incidence



5.4 Muscle/tendon strain injury patterns

Table 11. Diagnoses for muscle/tendon strain injuries

OSICS 10 Code	Diagnosis description	Team X		Other teams	
		N	%	N	%
TMHB	Biceps femoris strain grade 1 - 2	8	72.7	85	25.6
GMYP	Trigger points illiopsoas	1	9.1	0	0
TMAL	Adductor longus strain	1	9.1	34	10.2
TMQS	Rectus femoris strain	1	9.1	26	7.8
Total		11	100	332	100

Table 12. Mechanism of muscle/tendon strain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Running/sprinting	8	72.7	126	40.6
Twisting/turning	0	0	24	7.7
Shooting	2	18.2	36	11.6
Passing/crossing	0	0	27	8.7
Dribbling	0	0	4	1.3
Jumping/landing	0	0	17	5.5
Falling/diving	0	0	2	0.6
Stretching	0	0	7	2.3
Sliding	0	0	6	1.9
Overuse	1	9.1	36	11.6
Collision	0	0	6	1.9
Tackled	0	0	4	1.3
Kicked	0	0	7	2.3
Blocked	0	0	1	0.3
Other acute mechanism	0	0	7	2.3
Total	11	100	310	100

Table 13. Contact/non-contact muscle/tendon strain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Non-contact	11	100	313	94.3
Contact player	0	0	19	5.7
Contact object	0	0	0	0
Total	11	100	332	100

Table 14. Severity of muscle/tendon strain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Slight [0 days]	0	0	0	0
Minimal [1-3 days]	0	0	30	9.1
Mild [4-7 days]	1	9.1	58	17.5
Moderate [8-28 days]	7	63.6	190	57.4
Severe [>28 days]	3	27.3	53	16.0
Total	11	100	331	100

Table 15. Re-injury rate for muscle/tendon strain injuries

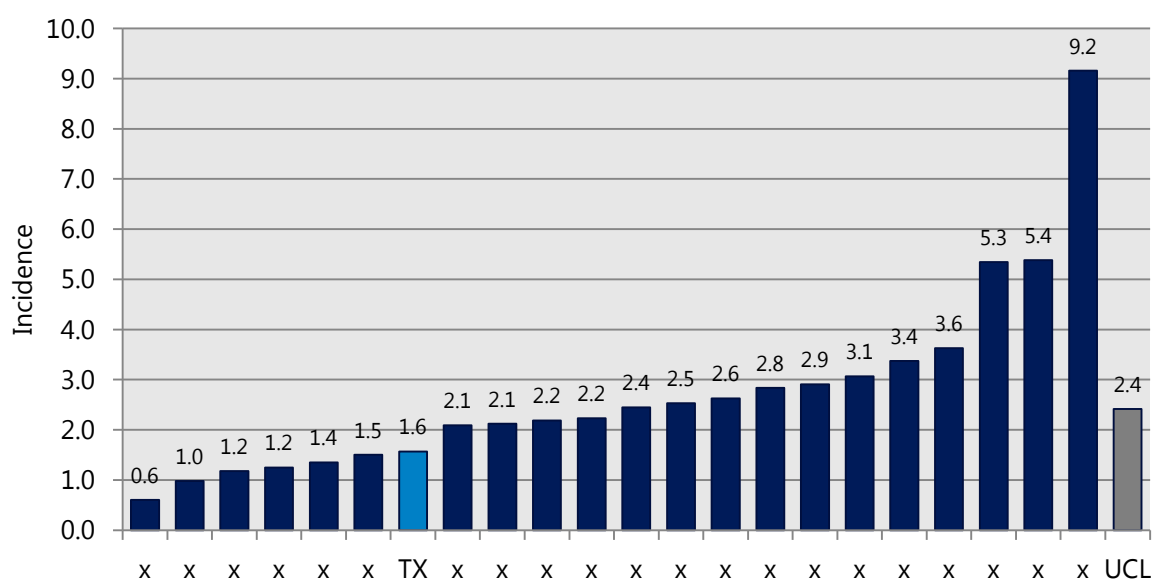
	Total			
	Team X		Other teams	
	N	%	N	%
No re-injury	9	81.8	298	89.8
Re-injury	2	18.2	34	10.2
Total	11	100	332	100

Table 16. Monthly distribution of muscle/tendon strain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
June	0	0	0	0
July	0	0	23	6.9
August	1	9.1	29	8.7
September	0	0	34	10.2
October	1	9.1	40	12.0
November	1	9.1	38	11.4
December	1	9.1	31	9.3
January	2	18.2	29	8.7
February	0	0	25	7.5
March	4	36.4	33	9.9
April	1	9.1	30	9.0
May	0	0	20	6.0
Total	11	100	332	100

5.4.1 Incidence of muscle/tendon strain injuries

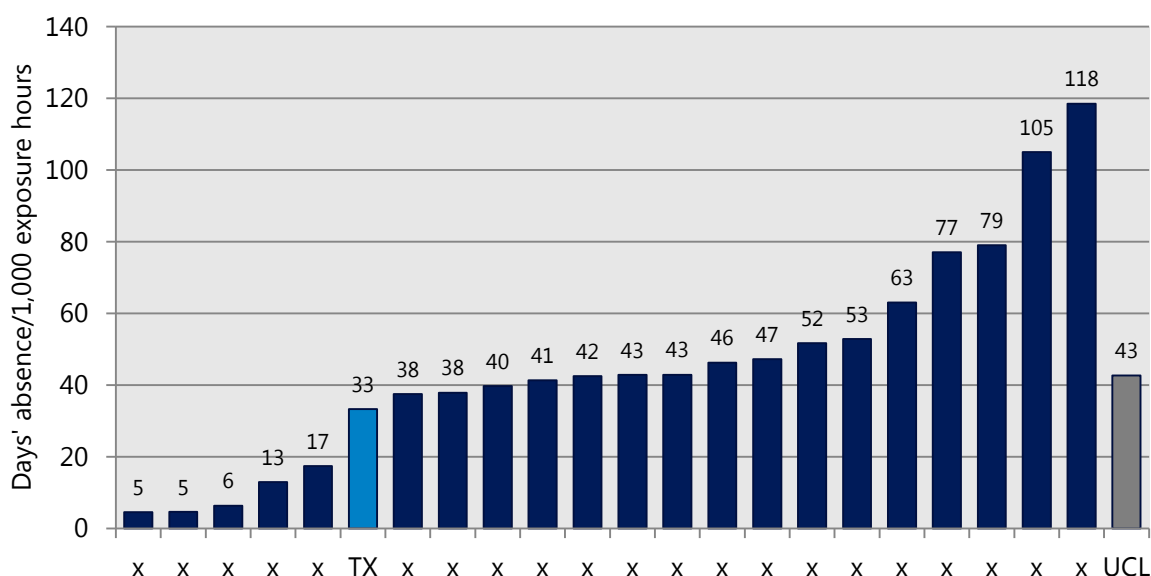
The incidence of muscle/tendon strain injuries for all teams was 2.4 injuries/1,000 hours, ranging from 0.6 to 9.2.

Figure 14. Muscle/tendon strain injury incidence

5.4.2 Burden of muscle/tendon strain injuries

The mean injury burden for muscle/tendon strain injuries was 42.7 days' absence/1,000 hours, ranging from 4.5 to 118.0.

Figure 15. Muscle/tendon injury burden



5.4.3 Days' absence for muscle/tendon strain injuries

Table 17. Days' absence for muscle/tendon strain injuries

OSICS 10	Diagnosis description	Strain injuries											
		Team X						Other teams					
		N	Sum	Mean	Med	Min	Max	N	Sum	Mean	Med	Min	Max
TMHB	Biceps femoris strain grade 1 - 2	8	179	22.4	18.0	5	42	85	1404	16.5	14.0	1	62
GMYP	Trigger points iliopsoas	1	15	15.0	15.0	15	15	0					
TMAL	Adductor longus strain	1	16	16.0	16.0	16	16	34	510	15.0	11.0	1	64
TMQS	Rectus femoris strain	1	24	24.0	24.0	24	24	26	522	20.1	14.0	2	90
Total		11	234	21.3	18.0	5	42	332	5759	17.3	12.0	1	138

N = number of injuries within each category

Sum = total number of days lost because of injury (shows the consequences for the team)

Mean= average number of days' absence per injury (expected recovery)

Med = median (days' absence) for all injuries within the category (expected recovery)

Min = shortest absence for an injury

Max = longest absence for an injury

5.5 Joint/ligament sprain injury patterns

Table 18. Diagnoses for joint/ligament sprain injuries

OSICS 10 Code	Diagnosis description	Team X		Other teams	
		N	%	N	%
AJLA	Anterior talofibular ligament sprain	6	14	23	17.6
Total		43	100	131	100

Table 19. Mechanism of joint/ligament sprain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Running/sprinting	0	0	1	0.8
Twisting/turning	1	16.7	19	14.8
Shooting	0	0	3	2.3
Passing/crossing	0	0	2	1.6
Dribbling	0	0	5	3.9
Jumping/landing	1	16.7	15	11.7
Falling/diving	0	0	5	3.9
Sliding	2	33.3	6	4.7
Overuse	0	0	2	1.6
Hit by ball	0	0	1	0.8
Collision	0	0	9	7.0
Tackled	0	0	37	28.9
Tackling	0	0	7	5.5
Kicked	2	33.3	8	6.3
Blocked	0	0	5	3.9
Other acute mechanism	0	0	3	2.3
Total	6	100	128	100

Table 20. Contact/non-contact joint/ligament sprain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Non-contact	4	66.7	48	36.6
Contact player	2	33.3	81	61.8
Contact object	0	0	2	1.5
Total	6	100	131	100

Table 21. Severity of joint/ligament sprain injuries

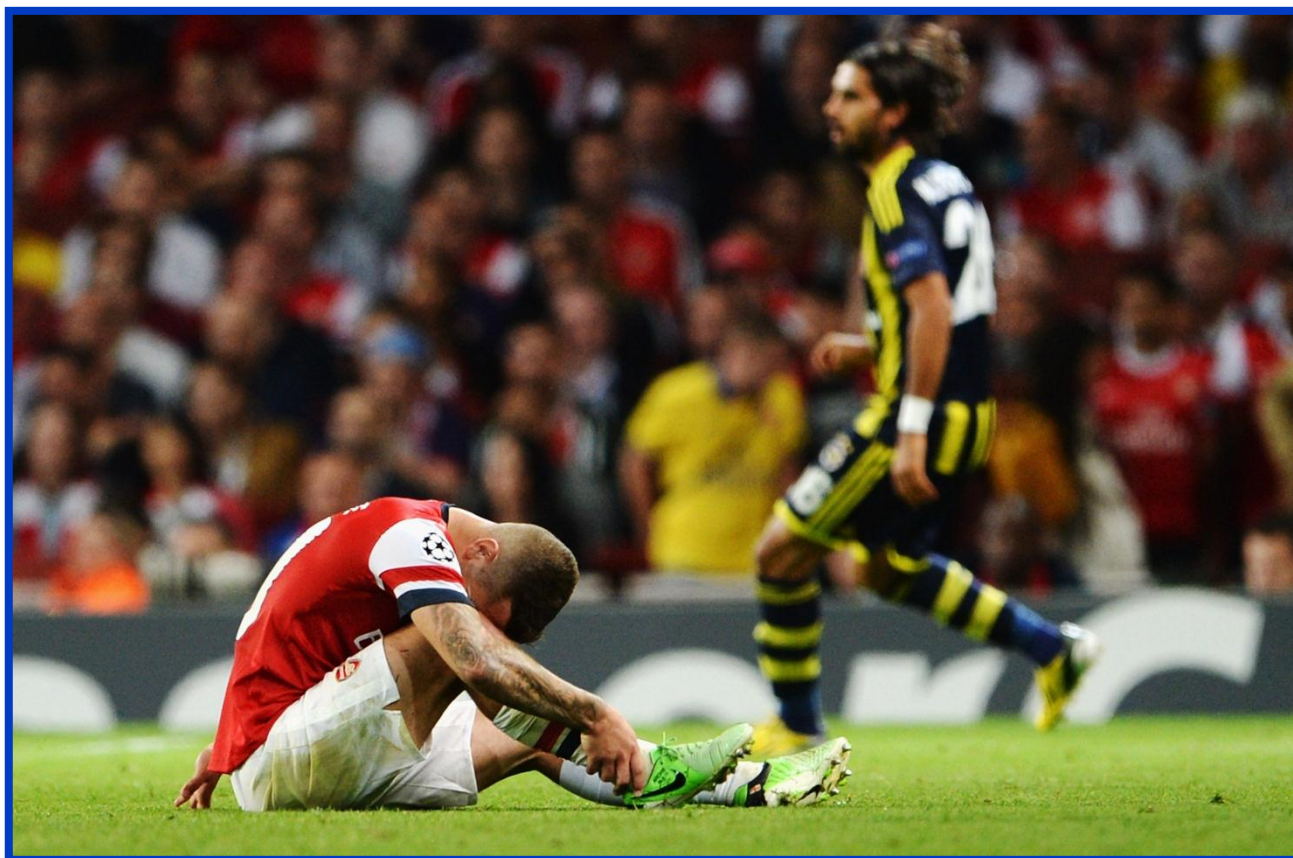
	Total			
	Team X		Other teams	
	N	%	N	%
Slight [0 days]	1	16.7	1	0.8
Minimal [1-3 days]	1	16.7	19	14.5
Mild [4-7 days]	1	16.7	32	24.4
Moderate [8-28 days]	3	50.0	45	34.4
Severe [>28 days]	0	0	34	26.0
Total	6	100	131	100

Table 22. Re-injury rate for joint/ligament sprain injuries

	Total			
	Team X		Other teams	
	N	%	N	%
No re-injury	6	100.0	124	94.7
Re-injury	0	0	7	5.3
Total	6	100	131	100

Table 23. Monthly distribution of joint/ligament sprain injuries

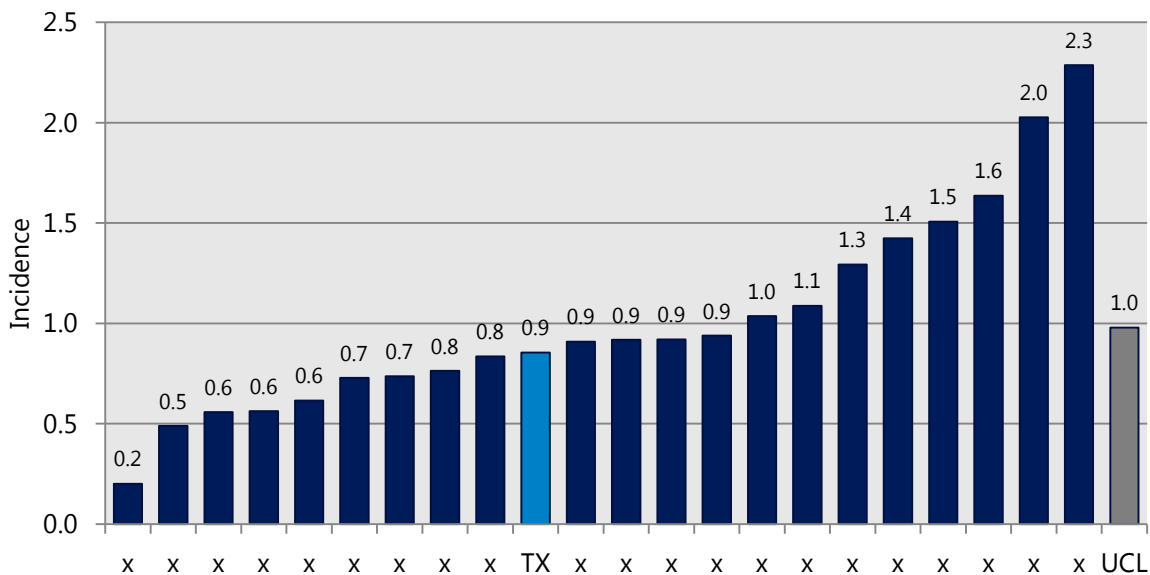
	Total			
	Team X		Other teams	
	N	%	N	%
June	0	0	0	0
July	2	33.3	16	12.2
August	0	0	17	13.0
September	1	16.7	13	9.9
October	0	0	10	7.6
November	0	0	14	10.7
December	0	0	10	7.6
January	0	0	11	8.4
February	0	0	13	9.9
March	1	16.7	10	7.6
April	1	16.7	10	7.6
May	1	16.7	7	5.3
Total	6	100	131	100



5.5.1 Incidence of joint/ligament sprain injuries

The mean incidence of joint/sprain injuries was 1.0 injury/1,000 hours, ranging from 0.2 to 2.3.

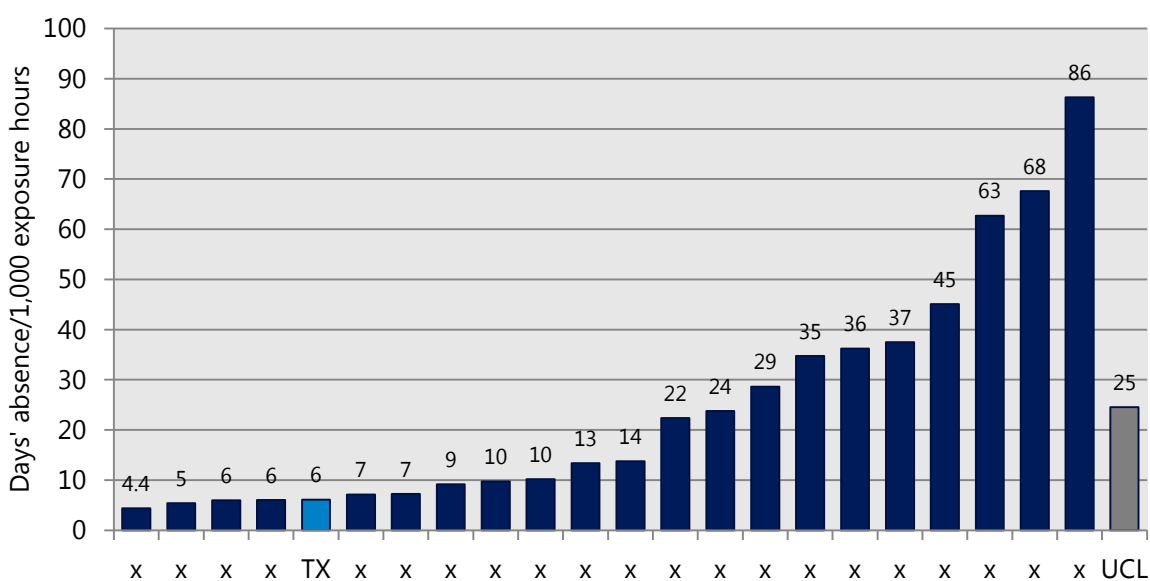
Figure 16. Joint/ligament sprain injury incidence



5.5.2 Burden of joint/ligament sprain injuries

The mean burden for joint/ligament injury was 24.6 days' absence/1,000 hours, ranging from 4.4 to 86.3.

Figure 17. Joint/ligament sprain injury burden



5.5.3 Days' absence for joint/ligament sprain injuries

Table 24. Days' absence for joint/ligament sprain injuries

OSICS 10	Diagnosis description	Strain injuries											
		Team X						Other teams					
		N	Sum	Mean	Med	Min	Max	N	Sum	Mean	Med	Min	Max
AJLA	Anterior talofibular ligament sprain	6	43	7.2	6.0	0	21	23	334	14.5	9.0	1	50
Total		6	43	7.2	6.0	0	21	131	3393	25.9	11.0	0	254

N = number of injuries within each category

Sum = total number of days lost because of injury (shows the consequences for the team)

Mean = average number of days' absence per injury (expected recovery)

Med = median (days' absence) for all injuries within the category (expected recovery)

Min = shortest absence for an injury

Max = longest absence for an injury

5.6 Re-injury patterns

Table 25. Diagnoses for re-injuries

OSICS 10 Code	Diagnosis description	Team X		Other teams	
		N	%	N	%
TMHB	Biceps femoris strain grade 1 - 2	2	100	14	16.5
Total		2	100	85	100

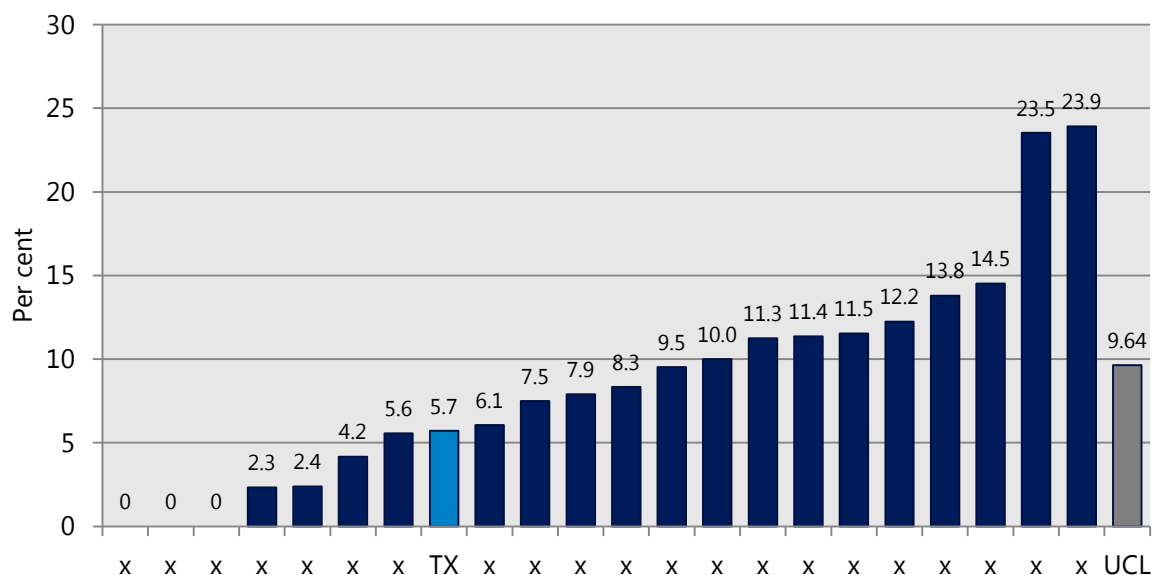
Table 26. Severity of re-injuries

	Total			
	Team X		Other teams	
	N	%	N	%
Slight [0 days]	0	0	0	0
Minimal [1-3 days]	0	0	6	7.1
Mild [4-7 days]	1	50.0	18	21.4
Moderate [8-28 days]	1	50.0	36	42.9
Severe [>28 days]	0	0	24	28.6
Total	2	100	84	100

5.6.1 Re-injury rate (%)

On average, 9.6% of the injuries sustained were re-injuries, ranging from 0% to 23.9% at the various clubs.

Figure 18. Re-injury rate (%)



6 Squad attendance/availability and absence

The data in all the tables of this section is shown in percentages.

6.1 Squad attendance/availability

Squad attendance/availability refers to the average percentage of players who participated in training sessions or were available for match selection over the season. An attendance/availability of 100% would mean that no player was absent because of injury (AT/AM), illness or other reason (O), or away on national team duty (N).

Figure 19. Squad attendance (%) in training

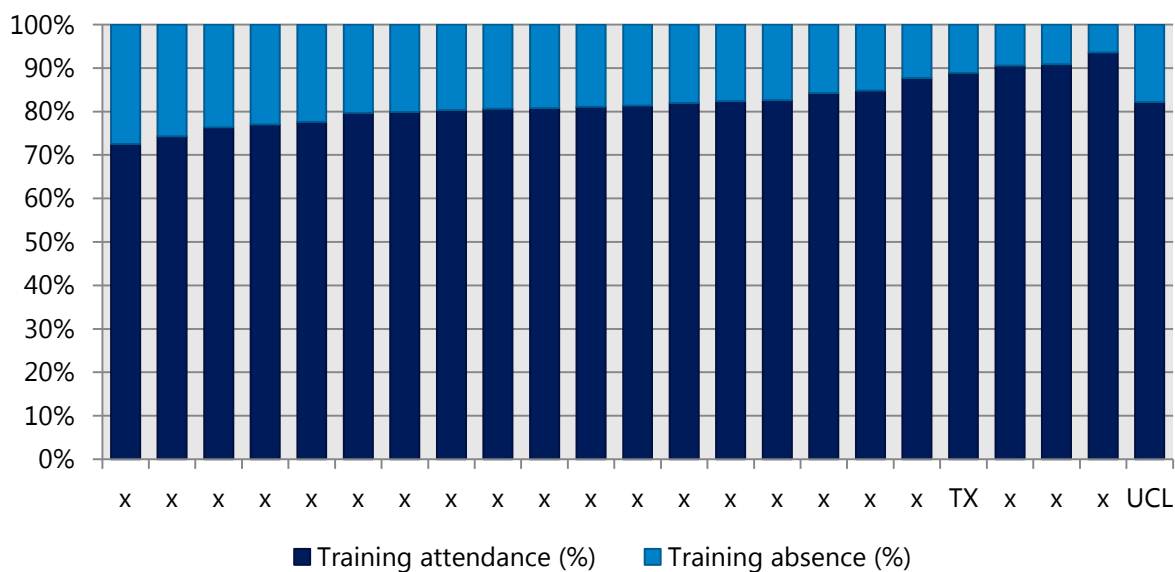


Figure 20. Squad availability (%) for matches

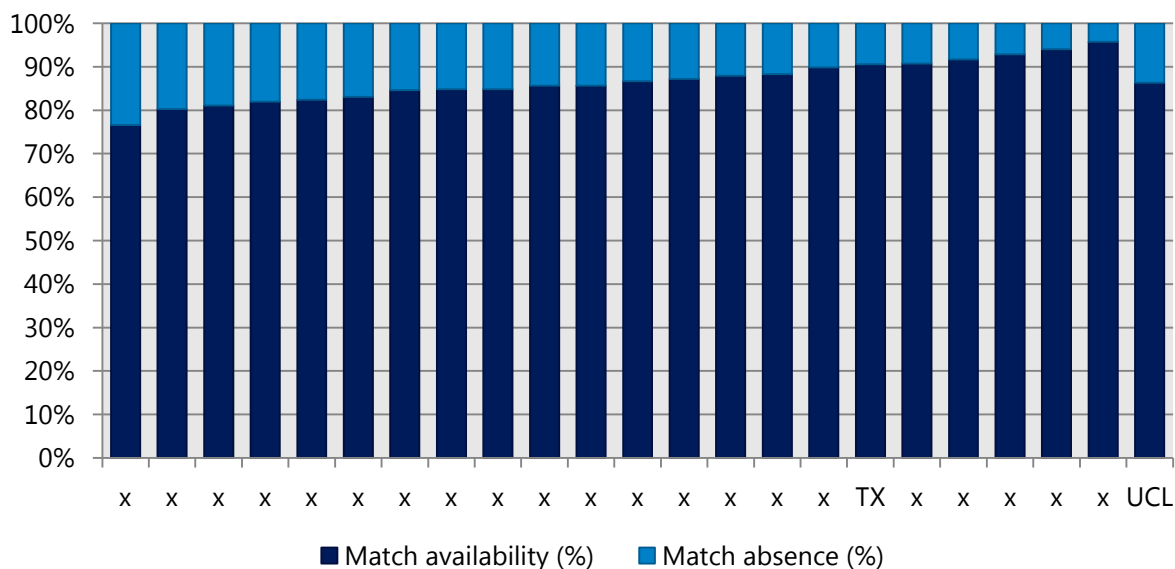
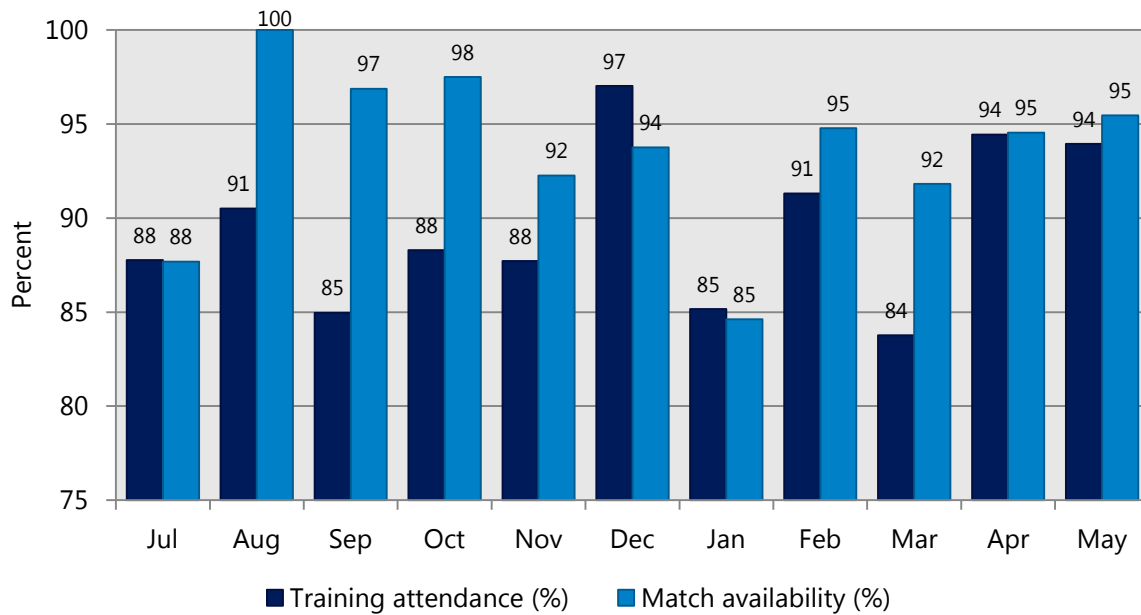


Figure 21. Overall squad attendance in training (dark blue bars) and availability in matches (light blue bars) for **Team X** over the season



6.2 Squad absence

The figures below describe the distribution of players' absence because of injury, illness, national team duty or other reasons over the season.

Figure 22. Reasons for absence from training sessions

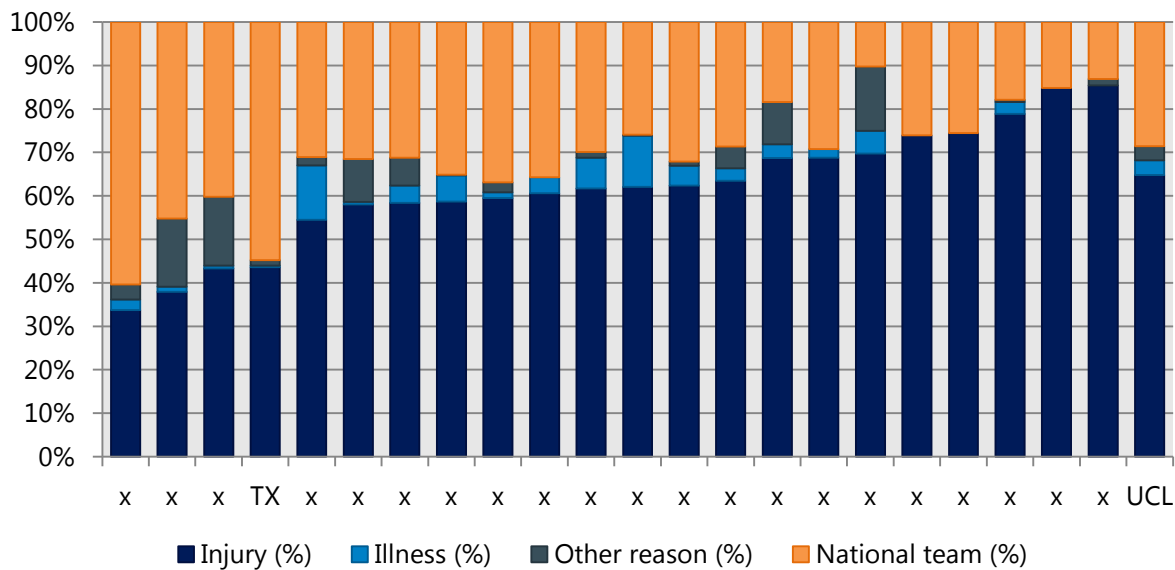


Figure 23. Reasons for absence from matches

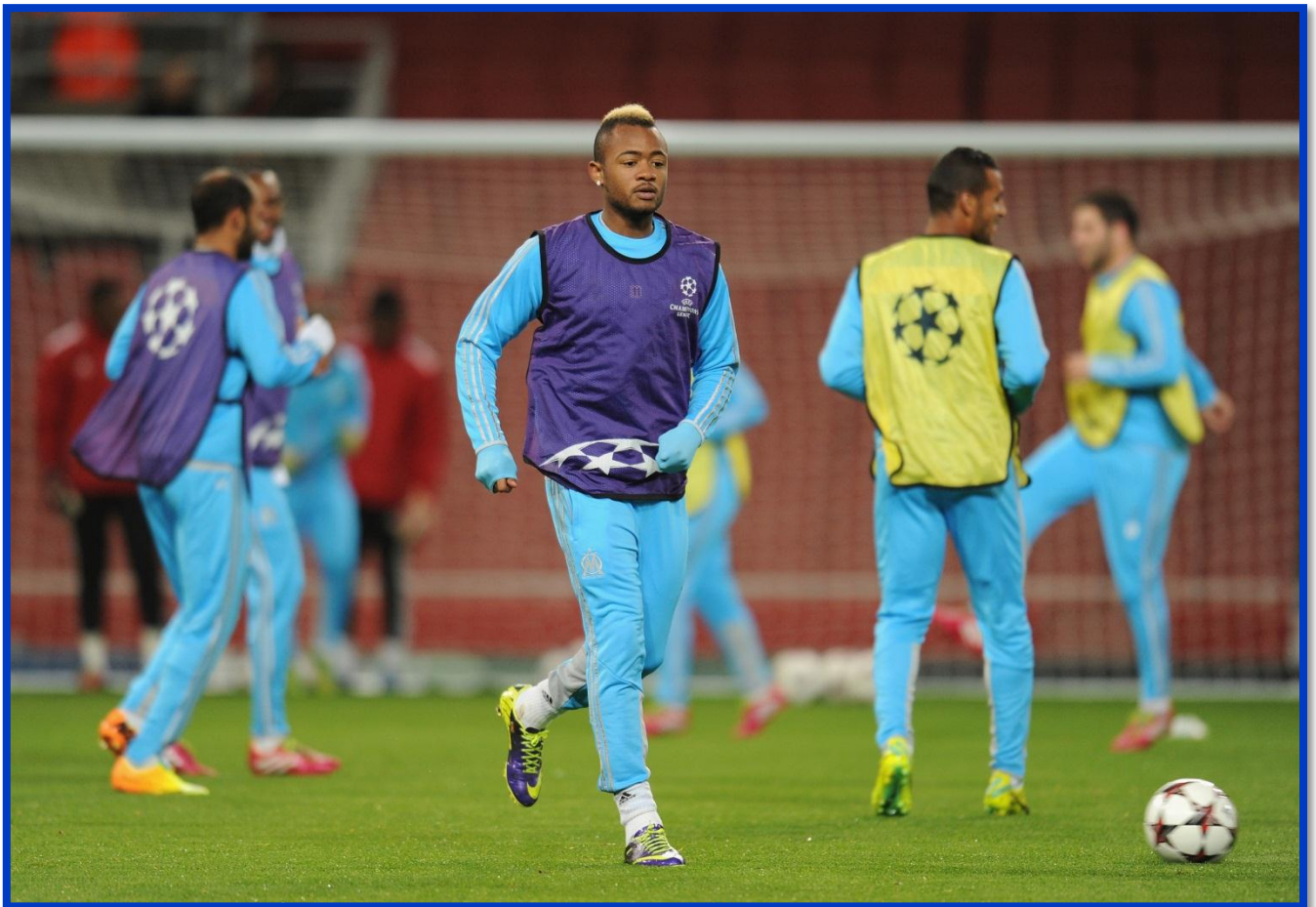
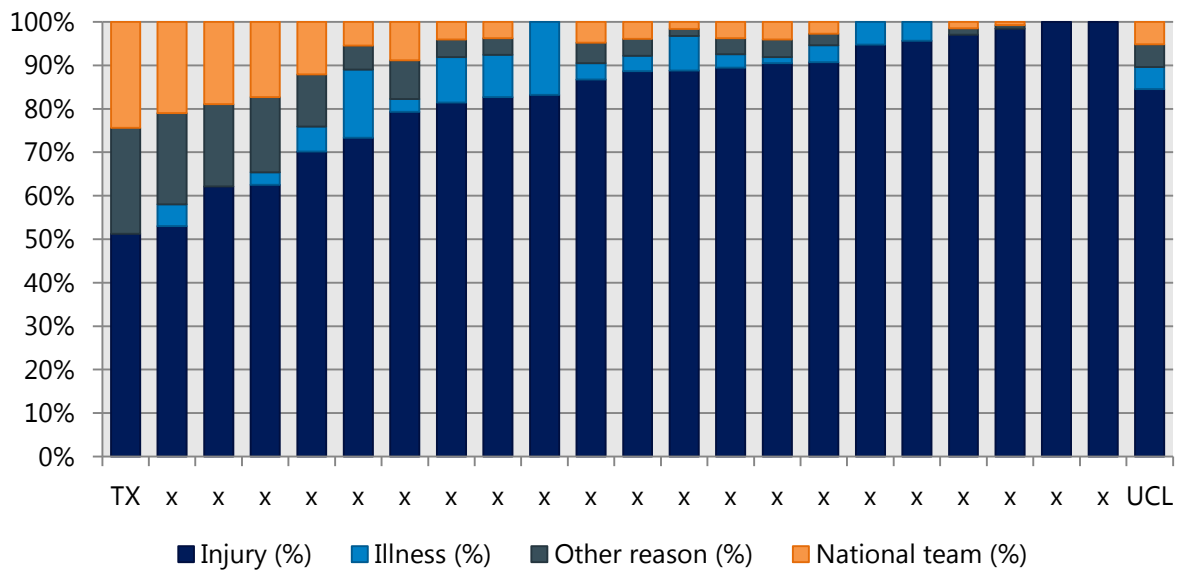


Figure 24. Reasons for absence from training sessions for **Team X** through the season

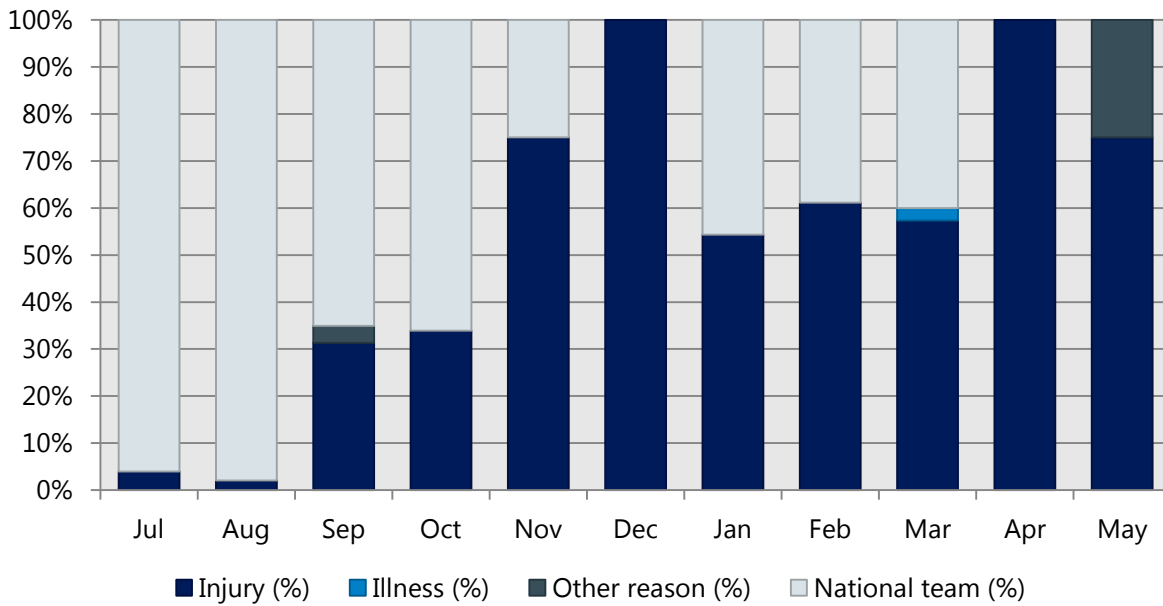
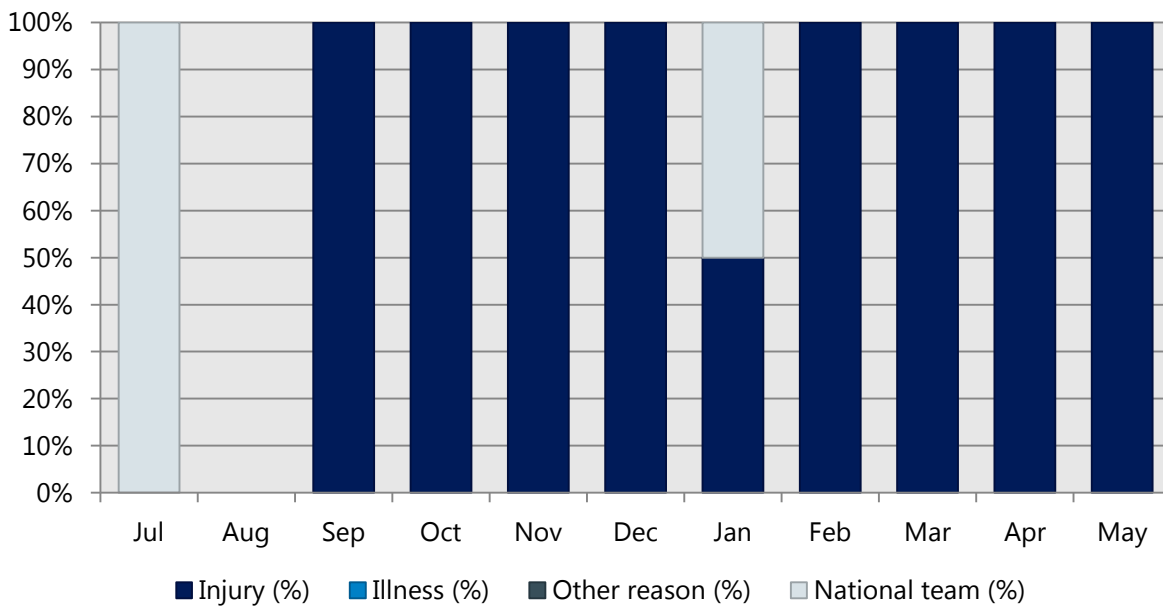


Figure 25. Reasons for absence from matches for **Team X** through the season



6.3 Number of training sessions/matches missed because of injury

The consequence of injury was also assessed in terms of the number of training sessions and matches that players missed during the season. On average, across all clubs, each player missed 2.3 training sessions and 0.7 matches each month because of injury. Data specific to each club is presented below.

Figure 26. Number of training sessions missed/player/month because of injury

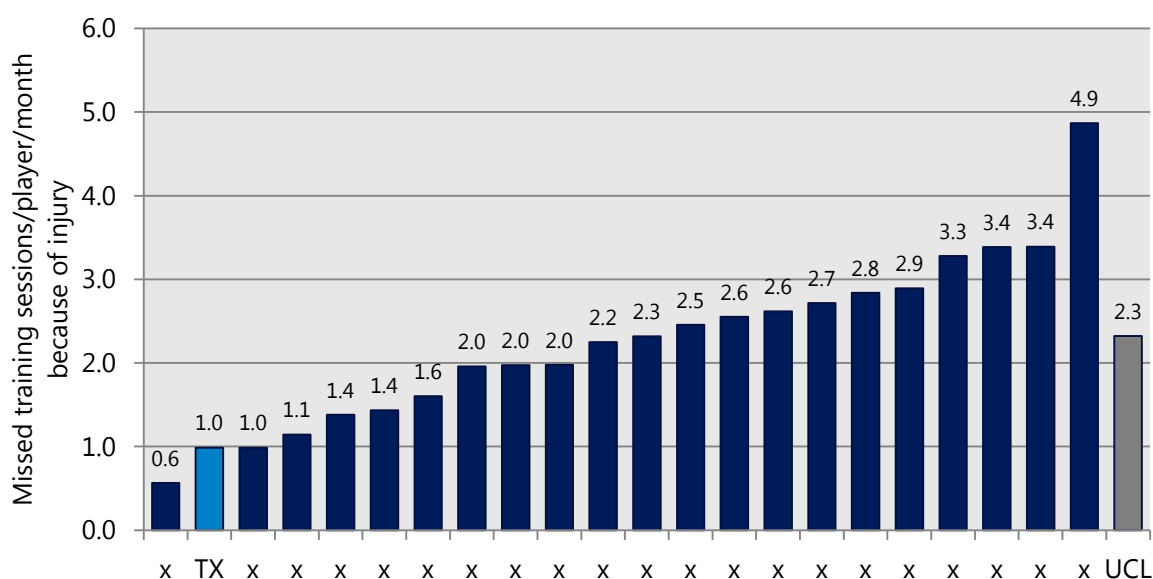
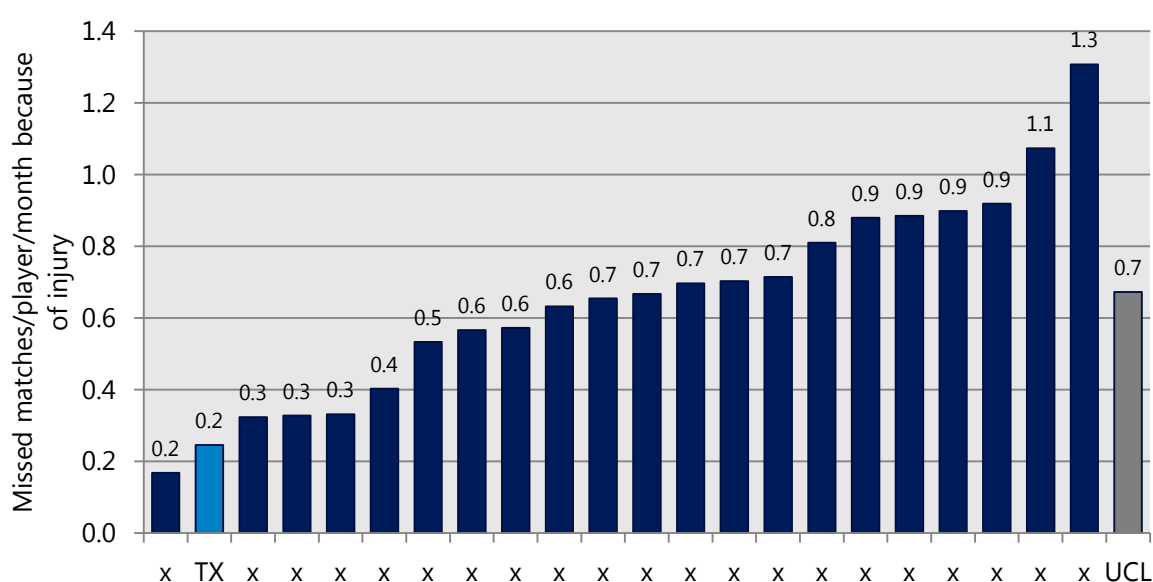


Figure 27. Number of matches missed/player/month because of injury



7 Analyses over twelve seasons

In total, the study has now recorded approximately 8,921 injuries and 105,720 exposure hours over 12 seasons. Thirty teams from ten different countries have participated at some point during these 12 seasons. This section contains results based on data from all 12 seasons of the study.

7.1 Injury incidence over twelve seasons

Injury incidences each season are shown for your own club (dark blue bars) together with the mean incidences for all teams (light blue line) for comparison.

Figure 28. Training injury incidence [12 seasons]

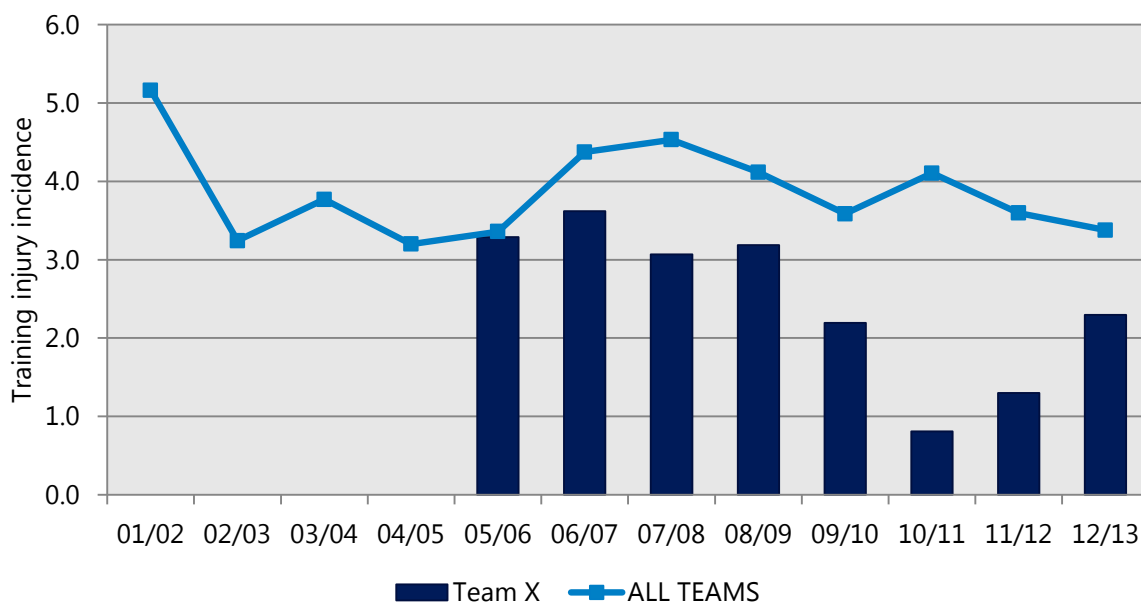


Figure 29. Match injury incidence [12 seasons]

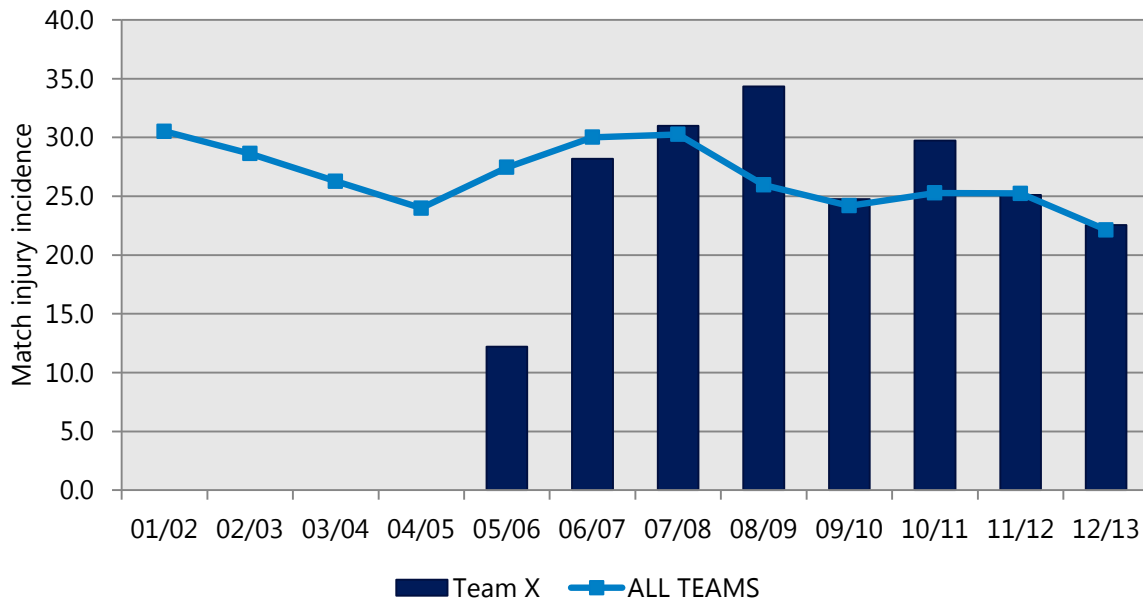


Figure 30. Total injury incidence [12 seasons]

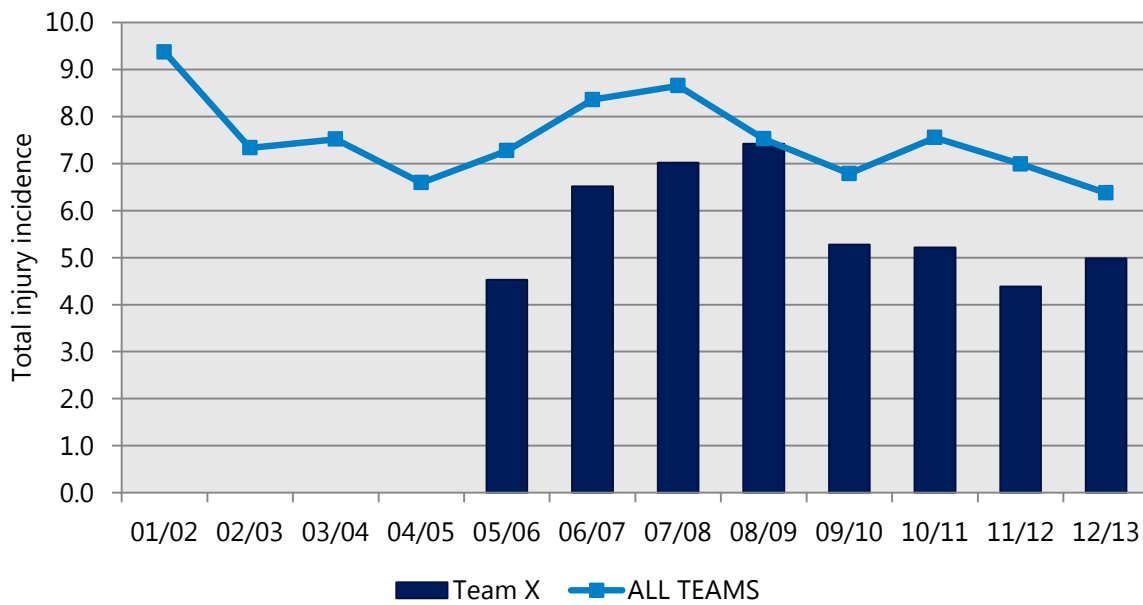


Figure 31. Severe (>4 weeks) injury incidence [12 seasons]

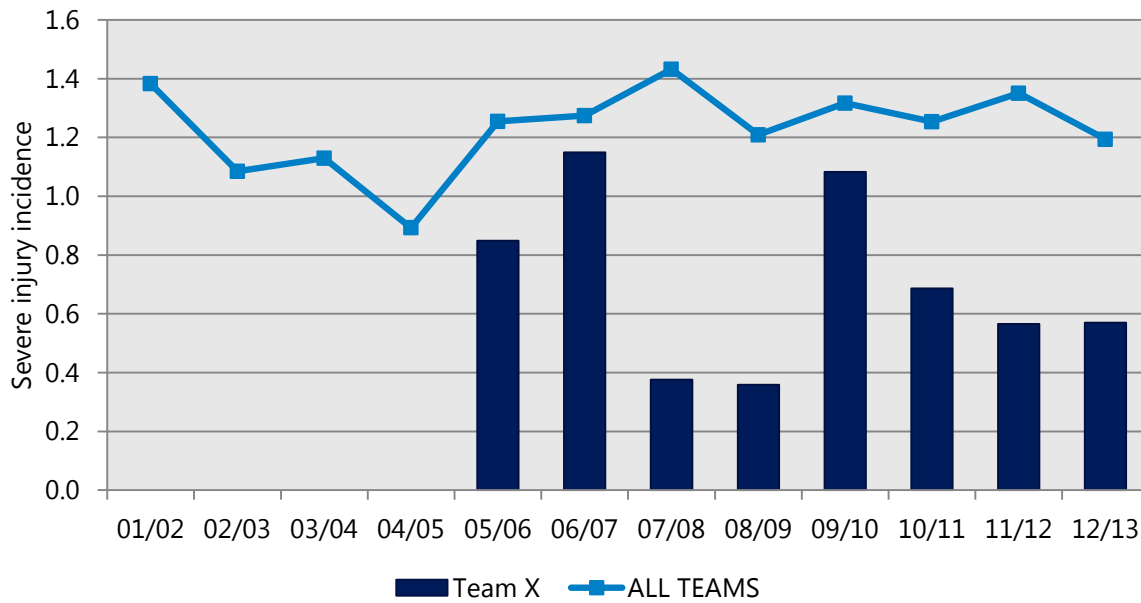


Figure 32. Muscle/tendon strain injury incidence [12 seasons]

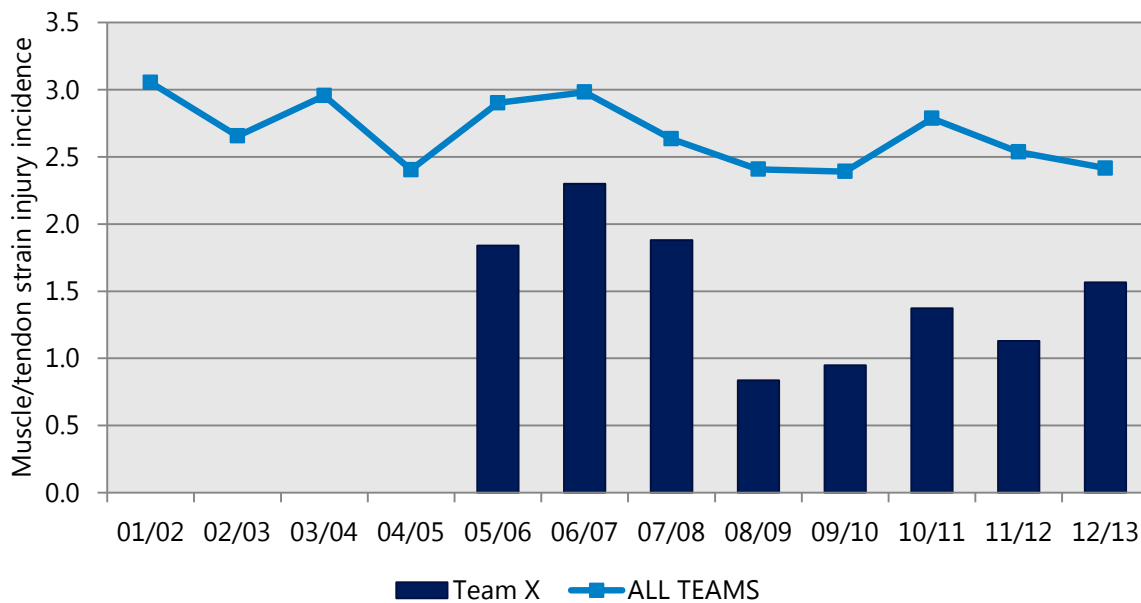


Figure 33. Joint/ligament sprain injury incidence [12 seasons]

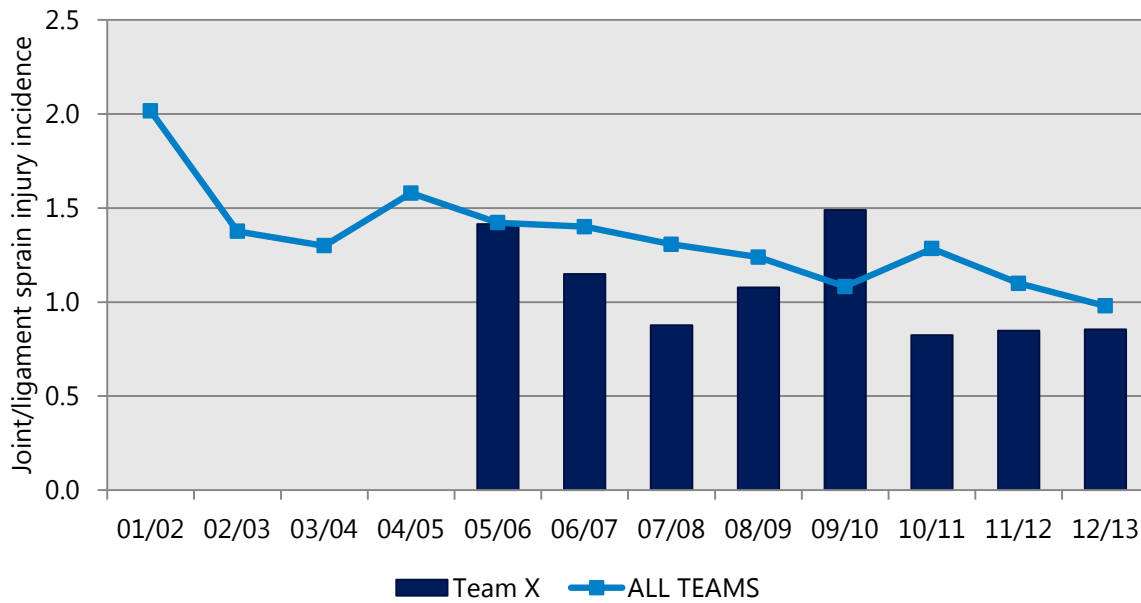
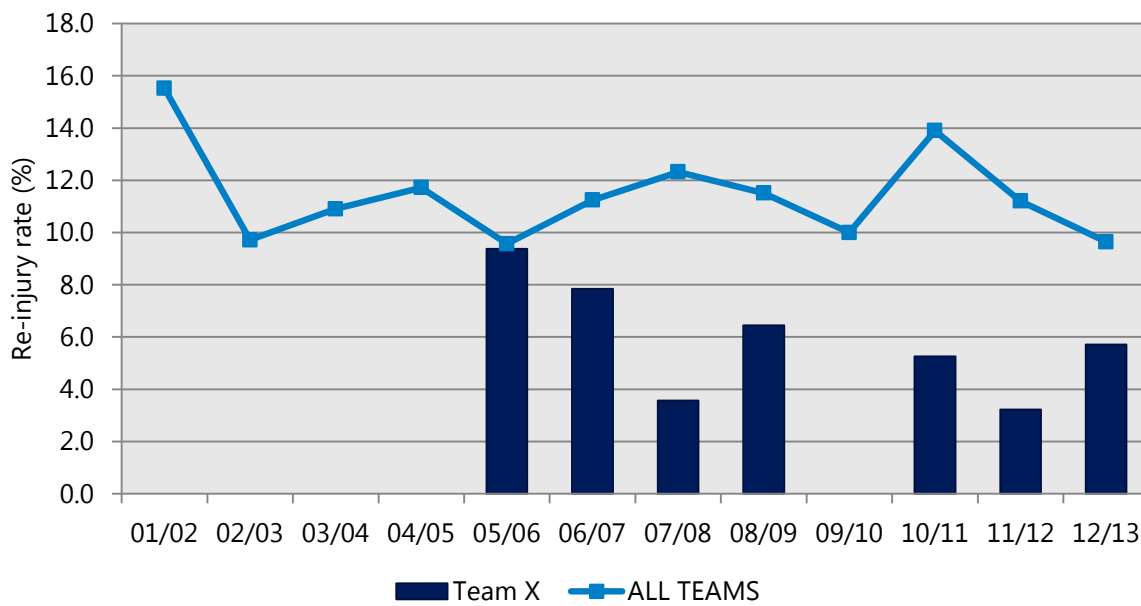


Figure 34. Re-injury rate (%) [12 seasons]







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