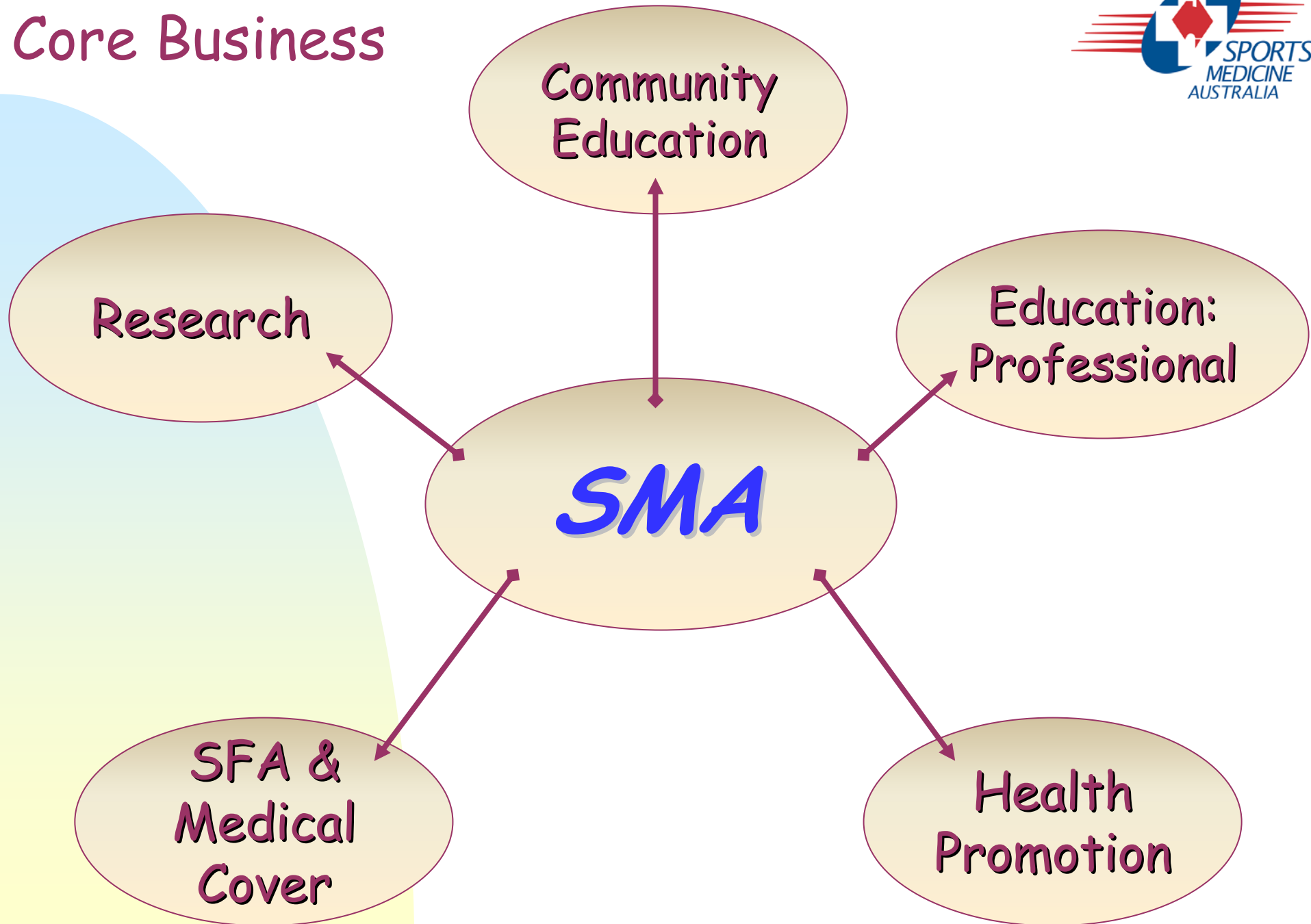


Sports Medicine Australia WA Branch

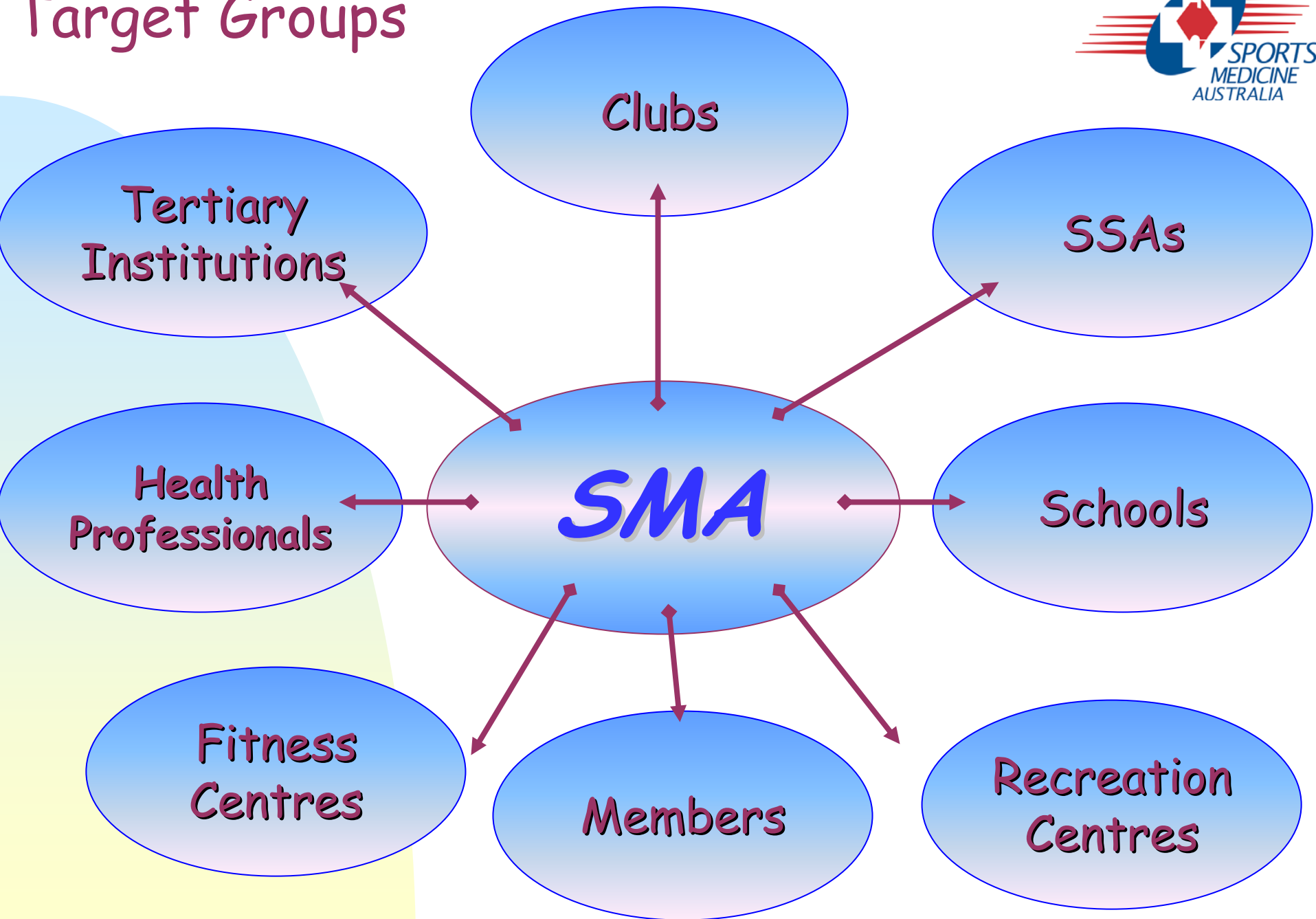
Who, What, Where,
Why & How



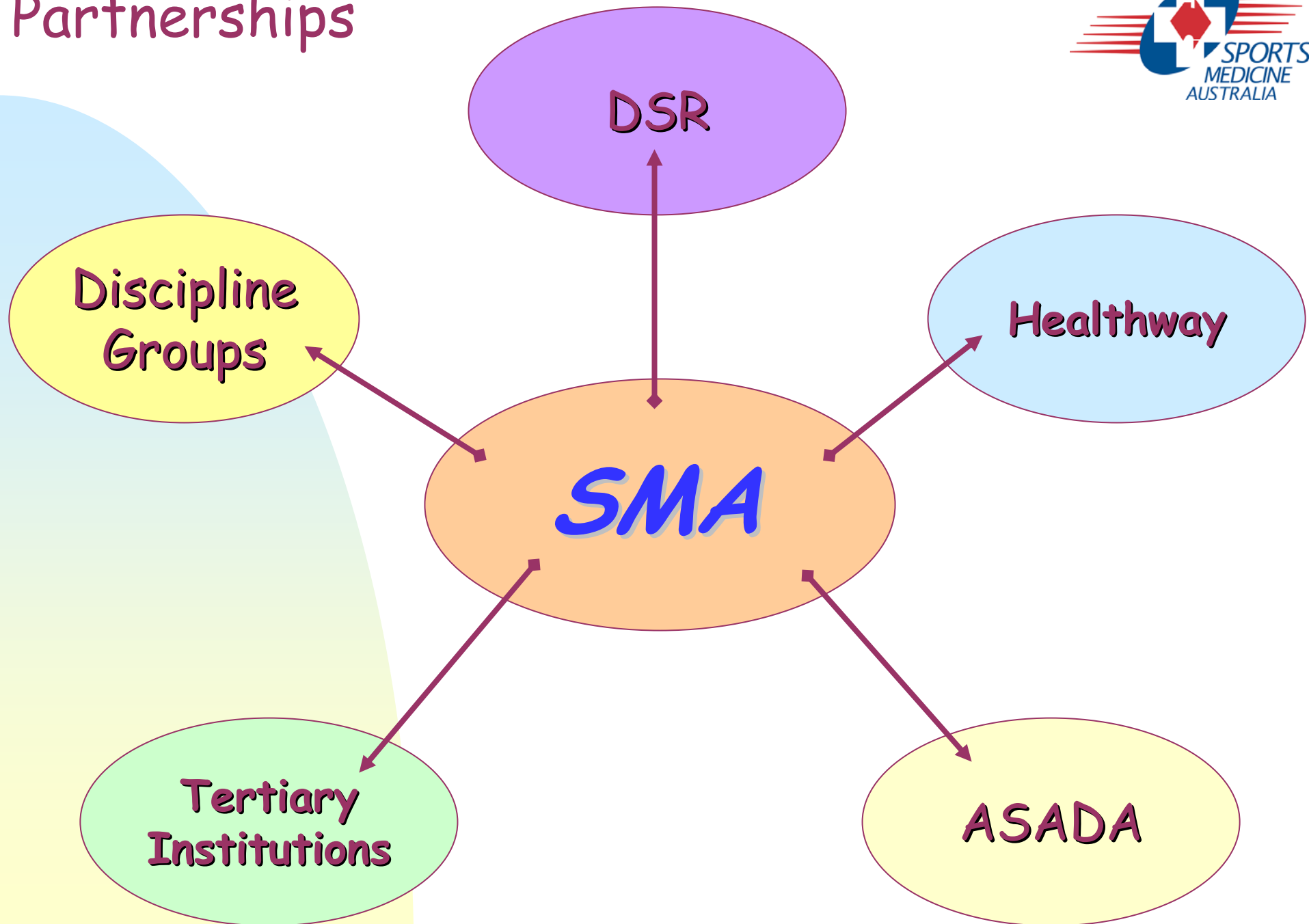
Core Business

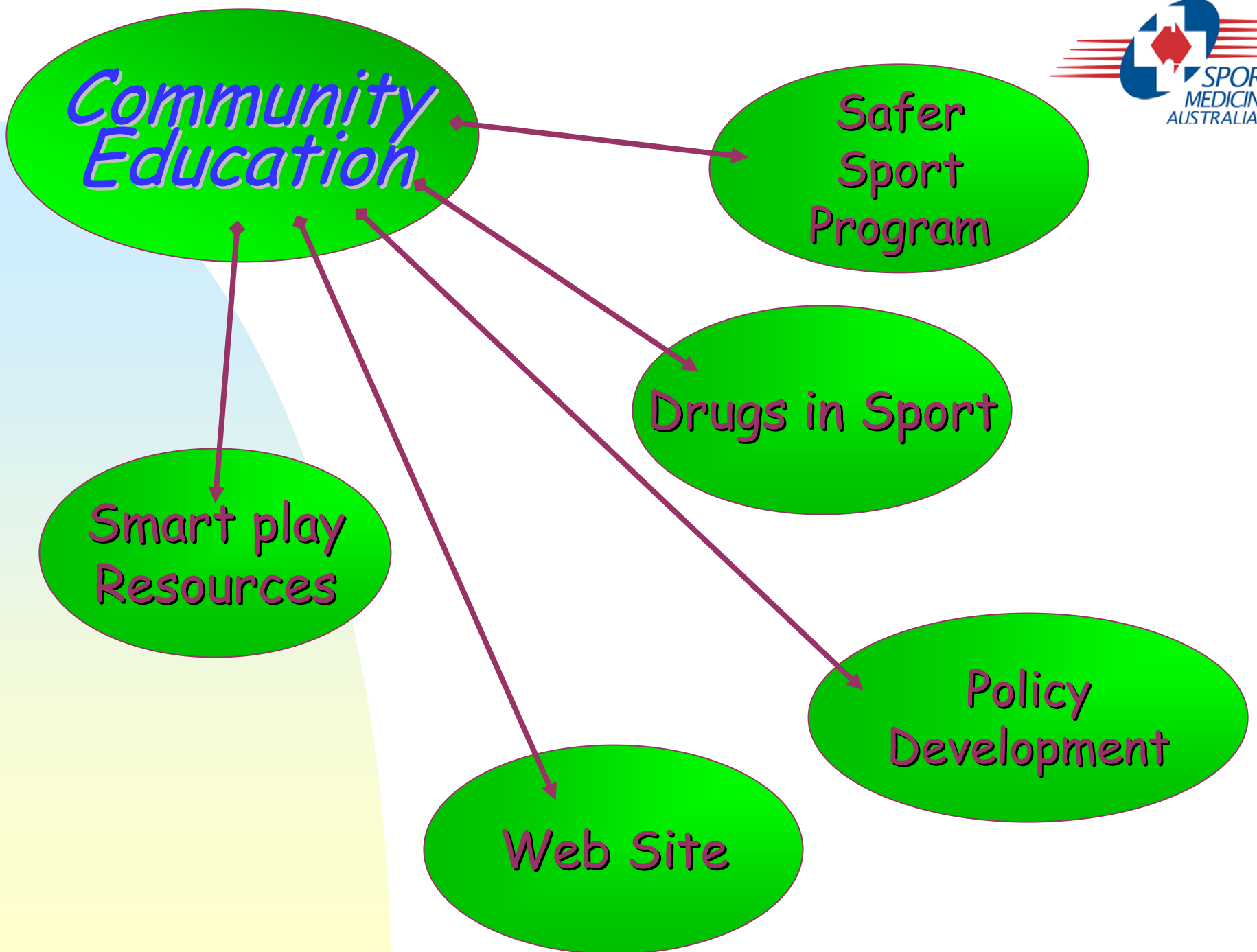


Target Groups



Partnerships





*Community
Education*

Safer
Sport
Program

Resources

Web Site

Development

- 2008 Statistics
- 437 courses
 - 5384 people
 - 200,000 indirect contacts
 - Injury Prevention
 - Sports Safety

2006 Medibank Private Sports Injuries Report

There are more than 5.2 million injuries each year.
At a cost to the Australian community of approx. \$2 billion last year. Of these, 3.5 million go untreated.

- 30% of injuries are a recurrence of a previous injury
- Football codes (Australian account for more injuries than any other sport)
- One in four 18-24 yr olds received a sports injury in the last year
- Fewer than 6 in 10 Australians participating in sport regularly warm up or cool down

Top 10 Most Injury Prone Sports

- Australia Rules Football
- Basketball
- Netball
- Running
- Tennis
- Cricket
- Soccer
- Aerobics
- Rugby League
- Rugby Union

2002 WA Sports Injury Study

Football, Basketball, Netball & Hockey

Most Common Injuries:

- Muscle strain/tear 28%
- Bruising 25%
- Ligament sprain/tear 20%
- Broken bones 6%



2002 WA Sports Injury Study

Football, Basketball, Netball & Hockey

Most Common Injury Sites:

- Ankle 16%
- Thigh 15%
- Knee 14%
- Finger/Thumb 11%
- Other 33%



Most Common Injury

Nature of Injury	All sports	Hockey	Football	Basketball	Netball
	(n=887) % injury cases	(n=253) % injury cases	(n=394) % injury cases	(n=83) % injury cases	(n=157) % injury cases
Muscular strain/tear	28.5	24.7	33.3	18.1	24.0
Contusion/haematoma	25.1	37.3	22.3	19.6	14.2
Ligament sprain/tear	20.4	12.8	17.8	36.2	36.2
Broken bone	6.1	6.7	6.4	4.3	4.7
Cut	3.3	6.9	2.3	2.2	0.4
Dislocation	3.2	0.8	4.1	3.6	4.7
Tendon injury (tendinitis, rupture)	2.2	0.8	1.8	4.3	5.1
Concussion	1.9	1.2	2.5	2.2	0.8
Rupture of ligament	1.7	1.0	2.1	2.9	1.2
Rupture of muscle	1.1	0.8	1.3	1.4	0.8

Most Common Site of Injury

Injury Site	Hockey (n=253) % injury cases	Football (n=394) % injury cases	Basketball (n=83) % injury cases	Netball (n=157) % injury cases
Ankle	12.6	12.6	27.9	31.3
Thigh	12.4	21.5	8.2	2.6
Knee	13.9	13.7	12.9	16.2
Finger/thumb	14.1	7.0	19.0	14.0
Lower Leg	8.4	7.6	4.1	6.0
Head/face	6.9	6.5	5.4	2.4
Lower Back	0.8	4.1	5.4	9.1
Shoulder	0.8	6.8	5.4	2.6
Thorax	2.1	5.0	1.4	1.5
Foot and toes	5.9	2.0	3.4	4.9
Other sites	12.3	13.2	6.9	9.4

Australian Rules Australia

(2002 WA Sports Injury Study)

Injury Site in order of highest % injuries:



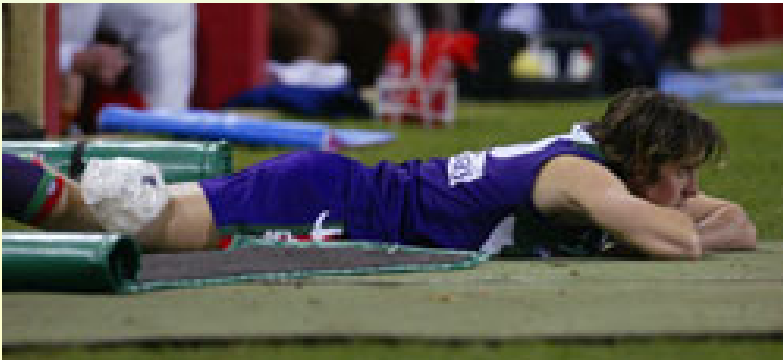
Thigh
Knee
Ankle
Lower Leg
Finger/thumb
Shoulder
Head/face
Lower Back
Thorax
Foot and Toe



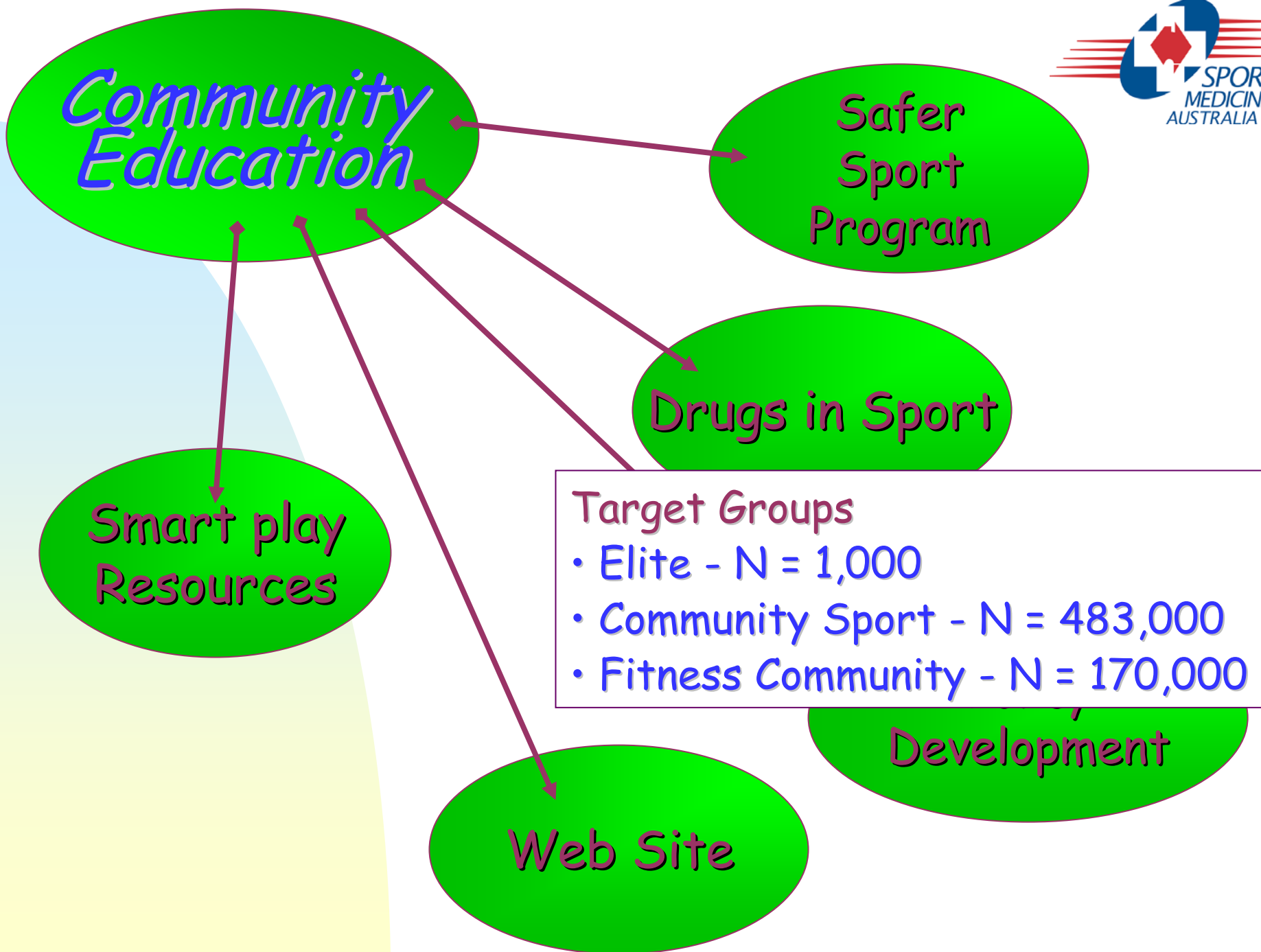
AFL The Riskiest Sport

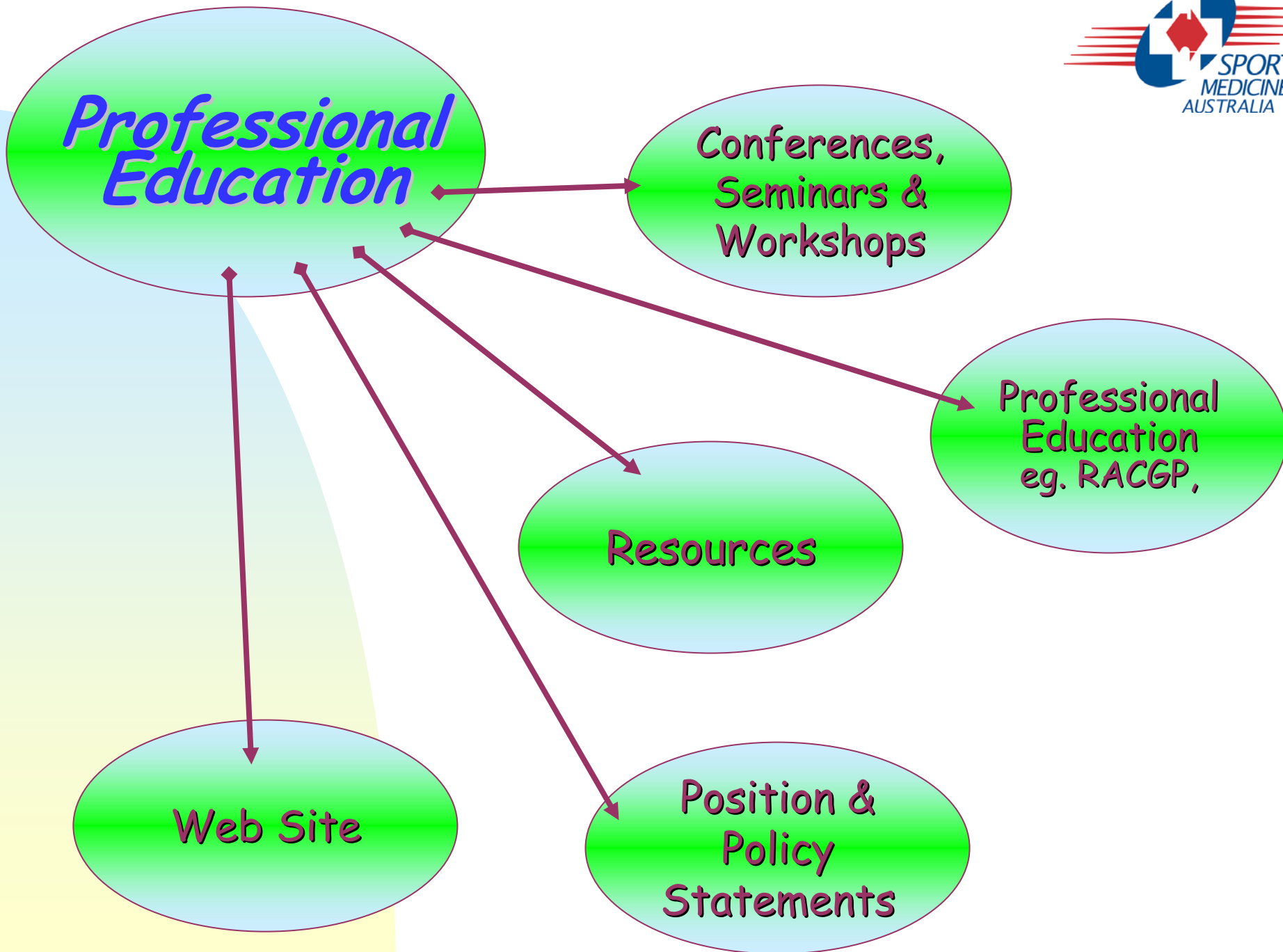
AFL Injury Report: Season 2006

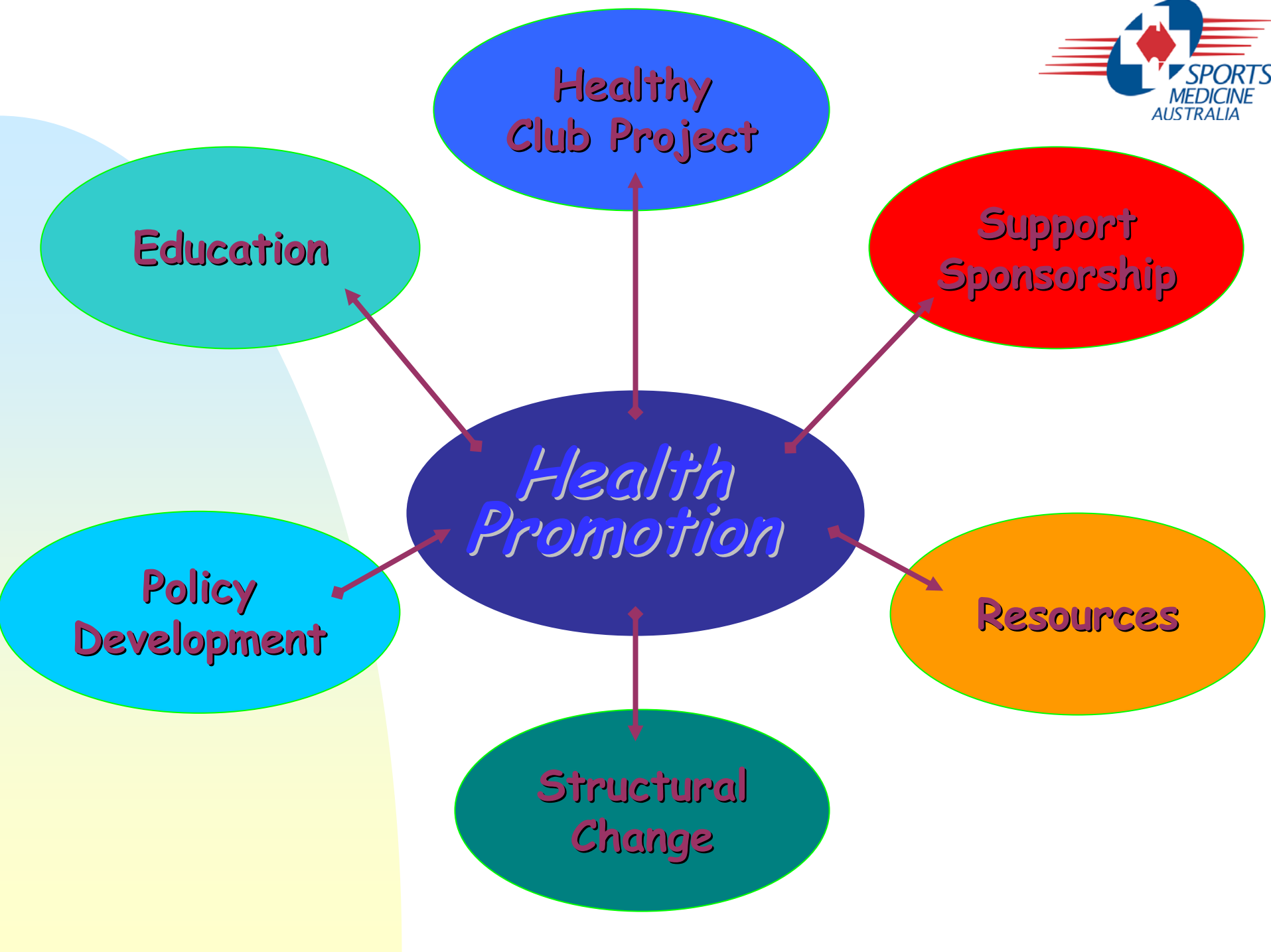
- Hamstring strains remain the most common injury in AFL
 - Recurrence rate has dropped
- Ongoing reduction in injury incidence over ten years, 2006 being the lowest recorded.
- Ongoing reduction in both ruck-related and PCL knee injuries since the centre bounce rule change.
- Ongoing reduction in head & neck injuries (justifying the lower tolerance of head-high contact in recent years).
- Season 2006 resulted in high number of Knee ACL injuries (leading to knee reconstructions)

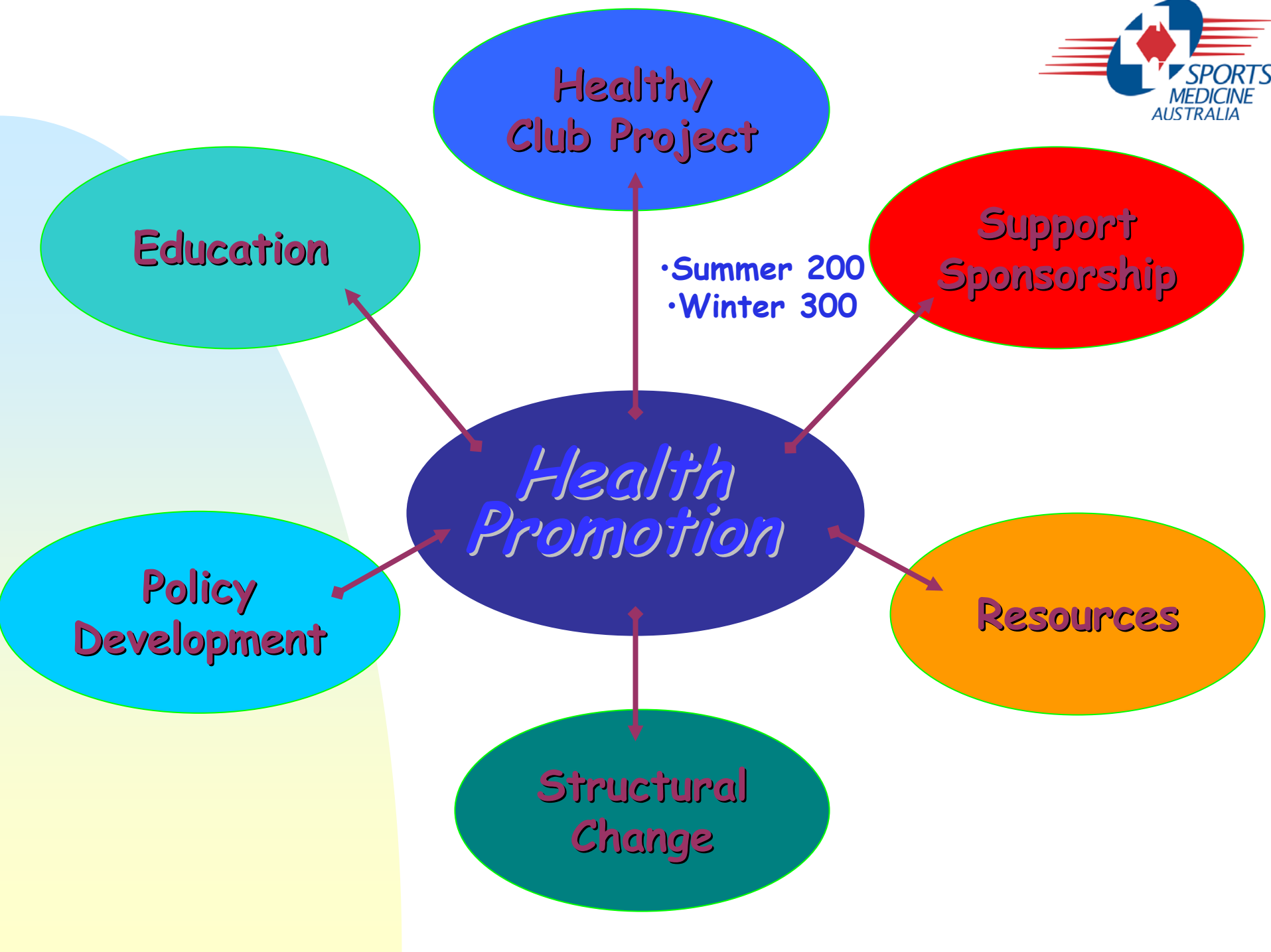


Dr John Orchard, Dr Hugh Seward, AFLMOA









**First Aid &
Medical Cover**

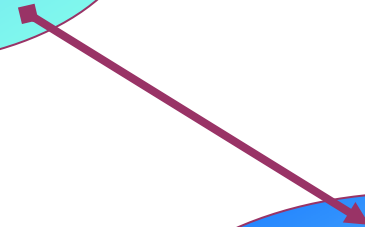
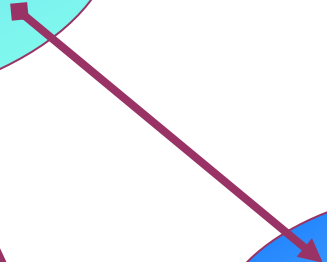
**Resources:
Guidelines -
participants &
organisers**

**Sport &
Recreation
Events**

**Education:
Community,
Sports Trainer,
Professional**

Injury Database

**350 Events:
400,000
participants**





What This Means

- SMA(WA) central agency for delivery of education and services at the community level in areas of injury prevention & management, and healthy active participation in sport & recreation.

For more information visit our website:
www.smawa.asn.au