Epidemiology of Kicking Injuries in Professional Rugby Union

Incidence?

<table>
<thead>
<tr>
<th>Location</th>
<th>Match (0.75/1000 h)</th>
<th>Training (0.02/1000 h)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot &amp; Ankle</td>
<td>7.0%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Calf</td>
<td>4.6%</td>
<td></td>
</tr>
<tr>
<td>Rectus femoris</td>
<td>16.3%</td>
<td></td>
</tr>
<tr>
<td>Vasti</td>
<td>5.8%</td>
<td></td>
</tr>
<tr>
<td>Adductors</td>
<td>4.7%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>1.1%</td>
<td></td>
</tr>
</tbody>
</table>

Location?

- Hamstrings 12.8%
- Upper Body 9.3%
- Pelvis 16.3%
- Stance Leg 16.3%

Type?

- Strain 4%
- Other Muscle Injury 12%
- Joint 12%
- Other 10%
- Undiagnosed 62%

Severity?

- Strain: 62%
- Other Muscle Injury: 12%
- Joint: 10%
- Other: 12%
- Undiagnosed: 4%

Ongoing Research

1. Determine injury propensity to better account for exposure
2. Investigate biomechanical risk factors for kicking thigh strains

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