

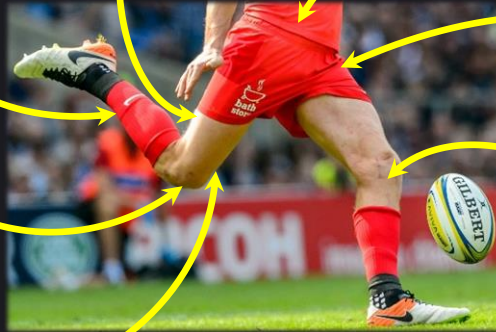
# EPIDEMIOLOGY OF KICKING INJURIES IN PROFESSIONAL RUGBY UNION

- RFU Professional Rugby Injury Surveillance Project
- Prospective cohort, 12 seasons
- 102 injuries with 'kicking' as the mechanism

## INCIDENCE? LOCATION?

Match 0.75/1000 h  
Training 0.02/1000 h  
(All player hours)

Foot & Ankle	7.0%
Calf	5.8%
Knee	4.6%
Rectus femoris	16.3%
Vasti	5.8%
Adductors	4.7%
Other	1.1%



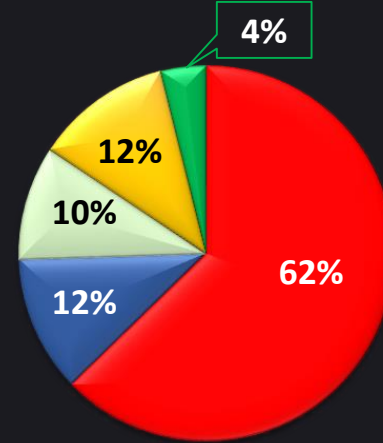
Hamstrings  
12.8%

Upper Body  
9.3%

Pelvis  
16.3%

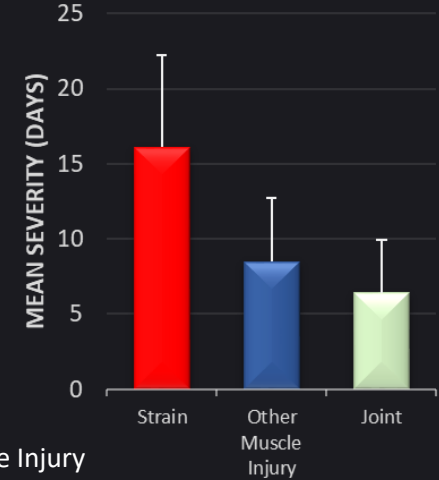
Stance  
Leg  
16.3%

## TYPE?



- Strain
- Other Muscle Injury
- Joint
- Other
- Undiagnosed

## SEVERITY?



(Pie and bar chart include data from all kicking leg injuries)

## ONGOING RESEARCH

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