

Table 6C.13: Frequency, Distribution, and Rates of Select Injuries (Ankle Ligament Sprains, Anterior Cruciate Ligament Injuries, and Concussions) for Games and Practices Combined for 15 Sports, 1988-1989 to 2003-2004

Injuries	Frequency	Percentage of All Injuries	Injury Rate	95%
			per 1000 Exposures [2]	Confidence Interval
<u>Ankle ligament sprains</u>				
Men's baseball	663	7.9	0.23	0.21, 0.25
Men's basketball	3,205	26.6	1.30	1.26, 1.35
Women's basketball	2,446	24.0	1.15	1.10, 1.20
Women's field hockey	327	10.0	0.46	0.41, 0.51
Men's football	9,929	13.6	0.83	0.81, 0.84
Women's gymnastics	423	15.4	1.05	0.95, 1.15
Men's ice hockey	296	4.5	0.23	0.20, 0.26
Women's ice hockey [1]	12	2.8	0.14	0.06, 0.22
Men's lacrosse	698	14.4	0.66	0.61, 0.71
Women's lacrosse	602	17.7	0.70	0.65, 0.76
Men's soccer	2,231	17.2	1.24	1.19, 1.29
Women's soccer	1,876	16.7	1.30	1.24, 1.36
Women's softball	526	9.9	0.32	0.29, 0.35
Women's volleyball	1,649	23.8	1.01	0.96, 1.06
Men's wrestling	715	7.4	0.56	0.52, 0.60
Men's spring football	1,519	13.9	1.34	1.27, 1.40
Total ankle ligament sprains	27,117	14.9	0.83	0.82, 0.84
<u>Anterior cruciate ligament injuries</u>				
Men's baseball	56	0.7	0.02	0.01, 0.02
Men's basketball	167	1.4	0.07	0.06, 0.08
Women's basketball	498	4.9	0.23	0.21, 0.25
Women's field hockey	53	1.6	0.07	0.05, 0.09
Men's football	2,159	3.0	0.18	0.17, 0.19
Women's gymnastics	134	4.9	0.33	0.28, 0.39
Men's ice hockey	78	1.2	0.06	0.05, 0.07
Women's ice hockey [1]	3	0.7	0.03	0.00, 0.07
Men's lacrosse	131	2.7	0.12	0.10, 0.15
Women's lacrosse	145	4.3	0.17	0.14, 0.20
Men's soccer	168	1.3	0.09	0.08, 0.11
Women's soccer	411	3.7	0.28	0.26, 0.31
Women's softball	129	2.4	0.08	0.06, 0.09
Women's volleyball	142	2.0	0.09	0.07, 0.10
Men's wrestling	147	1.5	0.11	0.10, 0.13
Men's spring football	379	3.5	0.33	0.30, 0.37
Total anterior cruciate ligament injuries	4,800	2.6	0.15	0.14, 0.15
<u>Concussions</u>				
Men's baseball	210	2.5	0.07	0.06, 0.08
Men's basketball	387	3.2	0.16	0.14, 0.17
Women's basketball	475	4.7	0.22	0.20, 0.24
Women's field hockey	129	3.9	0.18	0.15, 0.21
Men's football	4,404	6.0	0.37	0.36, 0.38
Women's gymnastics	64	2.3	0.16	0.12, 0.20
Men's ice hockey	527	7.9	0.41	0.37, 0.44
Women's ice hockey [1]	79	18.3	0.91	0.71, 1.11
Men's lacrosse	271	5.6	0.26	0.23, 0.29
Women's lacrosse	213	6.3	0.25	0.22, 0.28
Men's soccer	500	3.9	0.28	0.25, 0.30
Women's soccer	593	5.3	0.41	0.38, 0.44
Women's softball	228	4.3	0.14	0.12, 0.16
Women's volleyball	141	2.0	0.09	0.07, 0.10
Men's wrestling	317	3.3	0.25	0.22, 0.27
Men's spring football	612	5.6	0.54	0.50, 0.58
Total concussions	9,150	5.0	0.28	0.27, 0.28

[1] Data collection for women's ice hockey began in 2000-2001.

[2] Athlete-exposures are defined as one athlete participating in one game or practice.

Source: Hootman JM, Dick R, Agel J. Epidemiology of Collegiate Injuries for 15 Sports: Summary and Recommendations for Injury Prevention Initiatives. *Journal of Athletic Training* 2007;42(2):311-319. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1941297/>

Reproduced with permission from *Journal of Athletic Training*, December 4, 2014.