



LEEDS  
BECKETT  
UNIVERSITY

---

Citation:

Mayhew, L and Jones, G and Hind, K and McPhee, J and Francis, P (2018) Epidemiology of Injury in Women's Super League Football: A Cohort Study. In: The 23rd Annual Congress of the European College of Sports Science, 04 July 2018 - 07 July 2018, Dublin. (Unpublished)

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/5717/>

Document Version:

Conference or Workshop Item (Accepted Version)

---

Abstract

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on [openaccess@leedsbeckett.ac.uk](mailto:openaccess@leedsbeckett.ac.uk) and we will investigate on a case-by-case basis.

# EPIDEMIOLOGY OF INJURY IN ENGLISH WOMENS SUPERLEAGUE FOOTBALL: A COHORT STUDY

Mayhew, L.<sup>1</sup> Jones G.J,<sup>1</sup> Hind, K. <sup>2</sup> McPhee, J.<sup>3</sup> Francis, P.<sup>1</sup>

<sup>1</sup>Musculoskeletal Health Research Group, School of Clinical and Applied Sciences, Leeds Beckett University, United Kingdom.

<sup>2</sup>Bone and Body Composition Research Group, Carnegie School of Sport, Leeds Beckett University, United Kingdom. <sup>2</sup> Manchester Metropolitan University, United Kingdom

**Introduction:** The epidemiology of injury in male professional football has been well documented (Ekstrand, Hägglund, & Waldén, 2011) and used as a basis to understand injury trends for a number of years. The prevalence and incidence of injuries occurring in women's super league football is unknown. The aim of this study is to estimate the prevalence and incidence of injury in an English Super League Women's Football squad.

**Methods:** Following ethical approval from Leeds Beckett University, players (n = 25) signed to a Women's Super League Football club provided written informed consent to complete a self-administered injury survey. Measures of exposure, injury and performance over a 12-month period was gathered. Participants were classified as injured if they reported a football injury that required medical attention or withdrawal from participation for one day or more. Injuries were categorised as either traumatic or overuse and whether the injury was a new injury and/or re-injury of the same anatomical site.

**Results:** 43 injuries, including re-injury were reported by the 25 participants providing a clinical incidence of 1.72 injuries per player. Total incidence of injury was 10.8/1000 h (95% CI: 7.5 to 14.03). Participants were at higher risk of injury during a match compared with training (32.4 (95% CI: 15.6 to 48.4) vs 8.0 (95% CI: 5.0 to 10.85)/1000 hours,  $p < 0.05$ ). The most common sites of injury was the anterior thigh (13/43, 30.2%) and knee (11/43, 25%). There were eleven (25.6%) discrete quadricep muscle injuries (4 traumatic 36.4%; 7 overuse 63.6%) and eight (18.6%) discrete ligament injuries (8 traumatic 100.0%).

There were two minimal injuries (4.7%; 1-3 days), twenty-five mild (58.1%; 4- 7 days), twelve moderate (27.9%; 8 – 28 days) and four severe injuries (9.3%; > 28 days) of which there were three non-contact anterior cruciate ligament (ACL) injuries. The epidemiological incidence proportion was 0.80 (95% CI: 0.64 to 0.95) and the average probability that any player on this team will sustain at least one injury was 80.0% (95% CI: 64.3% to 95.6%).

**Discussion:** This is the first report capturing exposure and injury incidence by anatomical site from a cohort of English players and is comparable to that found in Europe (6.3/1000 h (95% CI 5.4 to 7.36) Larruskain et al 2017). The number of ACL injuries highlights a potential injury

burden for a squad of this size. Multi-site prospective investigations into the incidence and prevalence of injury in women's football are required

### **References**

Ekstrand J, Hägglund M, Waldén M. (2011). *BJSM*, 45, 553–558

Larruskain J, Lekue J. A, Diaz N, Odriozola A, Gil S. M. (2017) *Scand J Med Sci Sports* 28 (1), 237-245

**Contact** [l.mayhew@leedsbeckett.ac.uk](mailto:l.mayhew@leedsbeckett.ac.uk)