

Table 5E.3.7: Trends in Injury Rates for Select Conditions for Games and Practices Combined for 15 Sports, National Collegiate Athletic Association, 1989-1999 through 2003-2004

	Game and Practice Combined Injury Rate (per 1000 Athlete-Exposures [1])		
	<u>Anterior cruciate</u>		<u>Concussions [4]</u>
	<u>ligament injuries (knee)</u>	<u>Ankle ligament sprains</u>	
	<u>[2]</u>	<u>[3]</u>	
1988-1989	0.11	0.87	0.17
1989-1990	0.15	0.84	0.17
1990-1991	0.14	0.85	0.15
1991-1992	0.14	0.85	0.19
1992-1993	0.13	0.76	0.17
1993-1994	0.13	0.81	0.20
1994-1995	0.15	0.87	0.23
1995-1996	0.13	0.75	0.26
1996-1997	0.13	0.75	0.21
1997-1998	0.17	0.82	0.32
1998-1999	0.16	0.90	0.32
1999=2000	0.16	0.89	0.39
2000-2001	0.16	0.85	0.41
2001-2002	0.17	0.86	0.41
2002-2003	0.15	0.80	0.37
2003-2004	0.14	0.75	0.34

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

[2] Anterior cruciate ligament (ACL) injury time trend $P = .02$. Average annual change = 1.3% (95% confidence interval = 0.2, 2.4)

[3] Ankle ligament sprain injury time trend $P = .68$. Average annual change = -1.0% (95% confidence interval = -0.8, 0.5)

[4] Concussion injury time trend $P < .01$. Average annual change = 7.0% (95% confidence interval = 5.4, 8.7)

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.