

## Appendix

Table 1. Injury incidence and most prevalent injuries across football codes at the professional level

	<b>Australian Football</b>	<b>Rugby Union (English)</b>	<b>Soccer (UEFA)</b>	<b>American Football</b>
<b>Injury incidence</b>	41.7 injuries per club per season	54 match injuries, 27 training injuries per club per season*	2 injuries per player per season**	
<b>Most prevalent injuries</b>	Hamstring strain	ACL	Hamstring strain	Knee 'internal derangement'
	ACL	Concussion	MCL	Ankle sprains
	Shoulder sprain / dislocation	Hamstring strain	Quadriceps strain	Concussion
	Leg / foot stress fractures	Ankle syndesmosis	Adductor pain / strain	Upper leg contusion
	Ankle sprains	MCL		Upper leg muscle-tendon injury
	Groin strains and osteitis pubis			AC joint injury
	Knee cartilage injuries			Shoulder ligament sprain

Top injuries:

AFL- 2015 season. Missed games <sup>1</sup>

English Rugby Union- 2014-15 season, match injuries only. Days absent <sup>21</sup>

\* includes injuries that do not result in missed matches, limiting comparison

Soccer- UEFA 2001-2008, time-loss injuries. List of most common injuries causing >28 days absent <sup>20</sup>

\*\* included players unavailable for either training or match. Half of these injuries were classified as 'minor' and resulted in absences of less than 1 week

American Football- most common match injuries resulting in time-loss, ranked in order of frequency, not time lost <sup>14</sup>

Table 2. Incidence, prevalence and average missed matches from common injuries in the AFL<sup>1</sup>

	<b>Incidence</b>	<b>Prevalence</b>	<b>Average Missed Matches</b>
Hamstring strain	5.2	19.1	3.7
ACL rupture	0.7	16.7	23.9
Shoulder sprain / dislocation	1.6	11.5	7.2
Leg / foot stress fractures	0.7	8.5	12.1
Ankle sprains	2.4	7.2	3.0
Groin strains and osteitis pubis	2.2	7.1	3.2

Knee cartilage injuries	1.1	6.5	5.9
Calf strains	2.9	5.9	2.0
Concussion	1.5	4.2	2.8
PCL sprains	0.5	3.2	6.4
Quadriceps strains	1.0	2.2	2.2

*AFL- 2015 season*

*Incidence: number of new injuries / club / season*

*Prevalence: total number of missed matches / club / season*

*Average missed matches across the AFL: prevalence / incidence*