



UEFA Women's Elite Club Injury Study

2019/20 Season report

Team X

The Women's Elite Club Injury Study (WECIS) was initiated by Football Research Group (FRG) and is from the season 2018-19 funded and supported by UEFA.

This report has been produced on behalf of the UEFA Medical Committee by:
Professor Jan Ekstrand, MD, PhD, Linköping University
Former first vice-chairman of the UEFA Medical Committee

Correspondence should be addressed to:

Injury Study Group

Professor Jan Ekstrand

Linköping, Sweden

jan.ekstrand@telia.com

Anna Hallén

info.frg@telia.com

Håkan Bengtsson

info.frg@telia.com

UEFA

Marc Vouillamoz

Head of Medical and Anti-Doping Unit

marc.vouillamoz@uefa.ch

Niki Papadimitriou

UEFA Medical Coordinator

niki.papadimitriou@uefa.com

Route de Genève 46

1260 Nyon 2

Switzerland

+41 848 00 27 27

+41 22 707 27 34 (fax)

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1 Participating clubs

As a consequence of the unscheduled break in European football due to COVID-19, this season report contains results from July to March of the 2019/20 season for 12 teams that all participated in the UEFA Woman Elite Club Injury Study. The following teams have been included: AC Milan, AFC Ajax, Chelsea FC, Club Atlético de Madrid, FC Barcelona, FC Bayern München, FC Rosengård, Juventus, Linköping FC, Manchester City FC, Olympique Lyonnais, Sporting Clube de Portugal.

2 Presentation

The report is divided into nine sections, with data on exposure, general injuries, training injuries, match injuries, severe injuries, muscle injuries, ligament injuries, re-injuries, and squad attendance/availability and absence. These sections contain data of the 2019/20 season from your club in comparison with other participating clubs described as means of the whole study period as well as specifically for each month (July-March). The injury sections are generally split into four sub-sections:

- **Injury patterns:** the relative distribution of injuries of this kind, looking at injury location, type, overuse/trauma, contact/non-contact, severity and re-injury rate.
- **Injury rate:** the number of injuries of this kind relative to exposure time, allowing the individual injury rate to be evaluated. Injury rate is expressed as the number of injuries/1,000 hours of exposure.
- **Days' absence:** the mean number of days lost because of injuries of this kind.
- **Injury burden:** a combined measure of the frequency (injury rate) and severity (days' absence) of injuries of this kind giving the burden of injury for the player and the consequences for the team. Injury burden is expressed as the number of days of absence/1,000 hours of exposure. Example: Team A with 10 injuries in 5,000 hours, each resulting in an absence of 10 days on average, has an injury burden of 20 days/1,000 hours. Team B with 20 injuries in 5,000 hours, each resulting in an absence of 5 days on average, also has an injury burden of 20 days/1,000 hours.

3 Interpretation of results

When comparing your club's results with those of other participating clubs, please bear the following in mind:

- Because of the limited amounts of data collected over the study period, the injury rates presented are sometimes based on just a few actual injuries. This means that some results should be interpreted with caution.
- The overall number of injuries varies between clubs, mainly because of the number of minor injuries. It is therefore important to look not only at the overall injury rate, but also at the data on severe injuries and squad availability, as these variables may have a greater impact on the club.
- In the case of players who were still injured at the end of the season, we have used either the club's estimated return date or an approximation of severity based on the mean absence for this particular injury. Some data on the number of days' absence and injury risk presented in the report could therefore be based on approximate values/estimates.

We hope that you will find this report useful in your daily work treating and preventing injuries at your club. Please do not hesitate to contact FRG if you have any questions about how to interpret the results.

4 Exposure

In total, 49 500 hours of exposure were recorded during the study period 2019-20, with approximately 43 000 training hours (87%) and 6 500 match hours (13%). Team X reported xx hours of total exposure, with xx training hours (xx%) and xx match hours (xx%).

On average, teams reported 143 training sessions and 29 matches over the review period. Since the reporting period differed between teams, we have also calculated a monthly training and match load. On average, teams had 16 training sessions and 3.3 matches each month, giving an average training-to-match exposure ratio of 6.6 hours of training for each hour of match play.

Figure 1. Number of training sessions per month

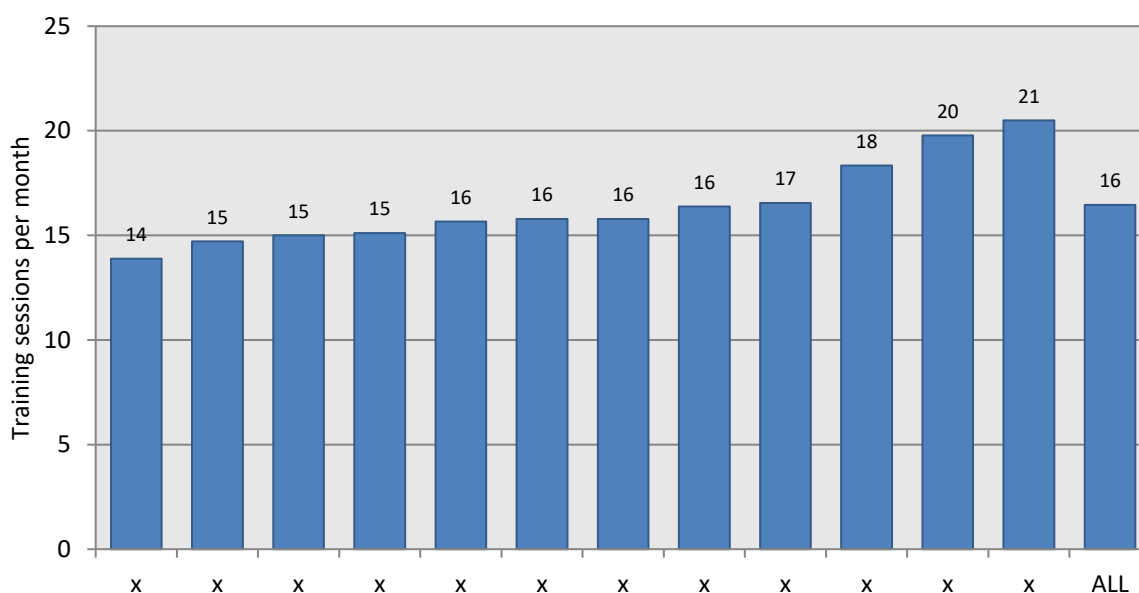


Figure 2. Number of matches per month

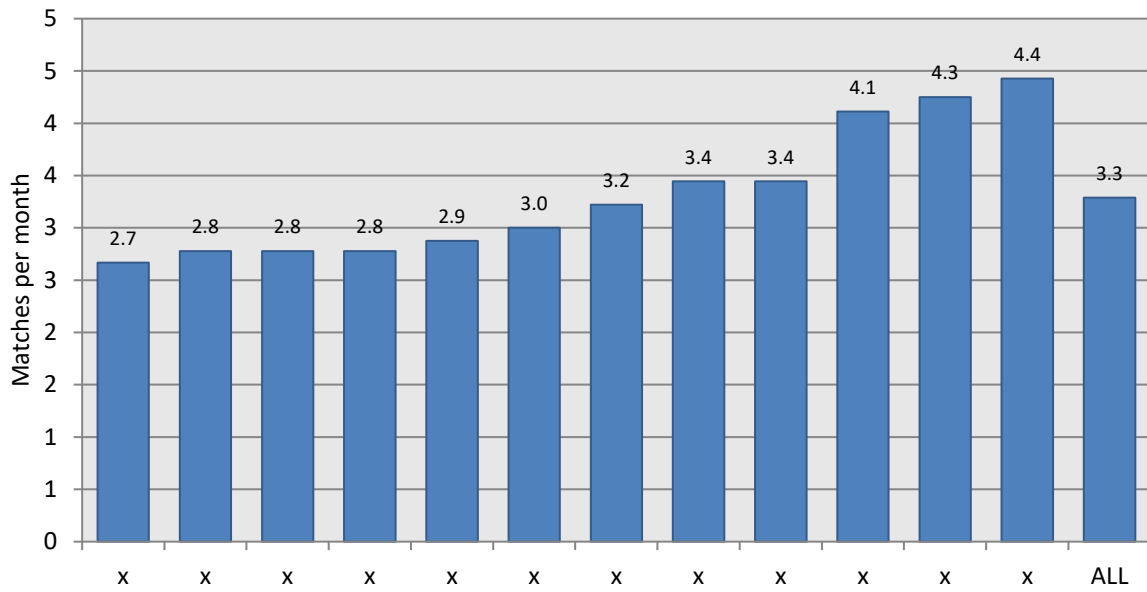


Figure 3. Number of training sessions (blue bars) and matches (red bars) for Team X over the study period

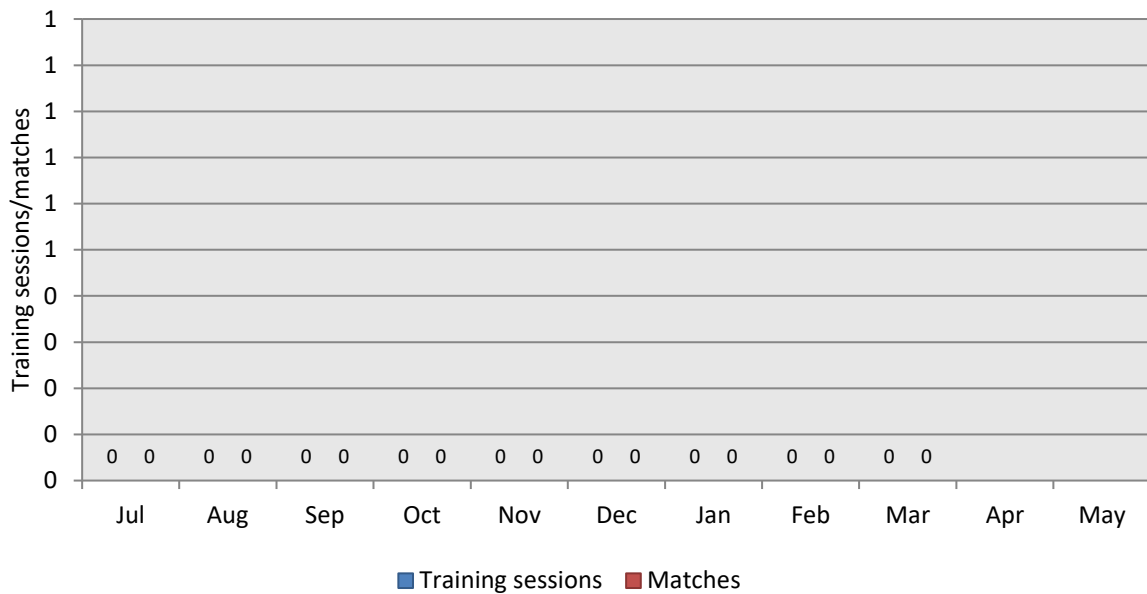


Figure 4. Ratio of training hours to match hours

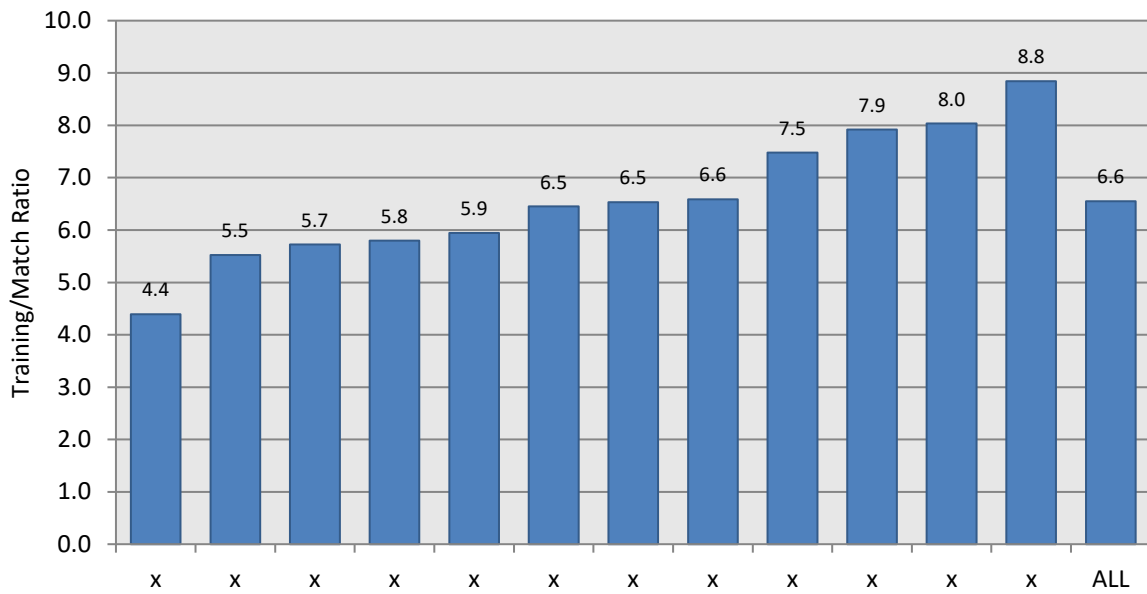
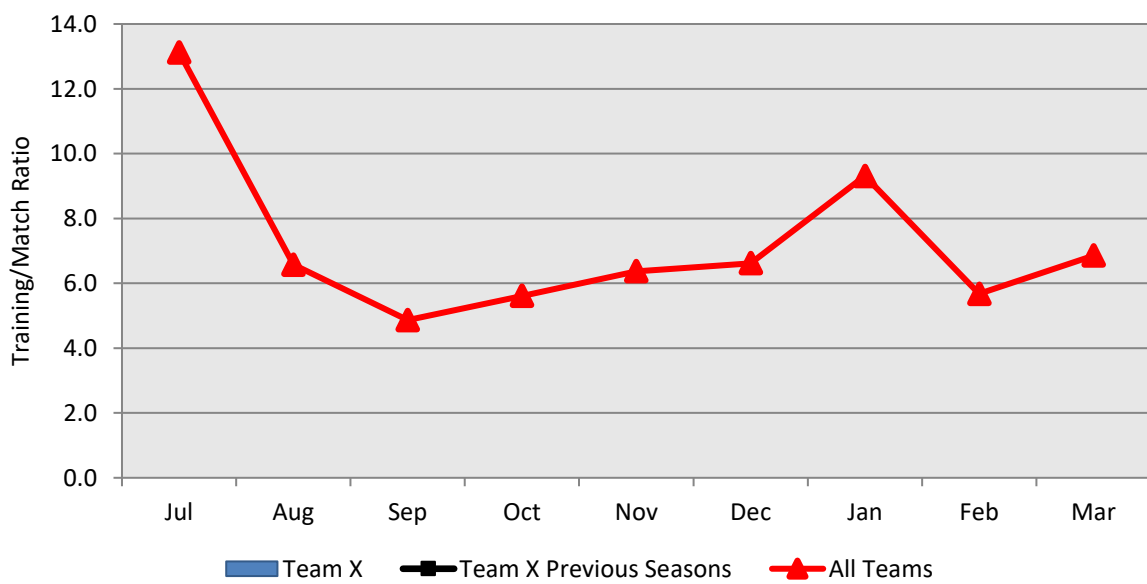


Figure 5. Ratio of training hours to match hours for Team X over the study period in comparison to all teams



5 General injuries

5.1 General injury patterns

The figures below show the relative distribution (%) of different injuries. In total the 12 Woman Elite Club teams reported 275 injuries, with 183 training injuries (67%) and 92 match injuries (33%). There were 65 severe injuries (24%), 110 muscle injuries (40%) and 48 ligament injuries (17%).

Team X reported xx injuries (xx training injuries; xx match injuries) during the study period, including xx severe injuries, xx muscle injuries and xx ligament injuries.

Figure 6. Distribution of injury locations

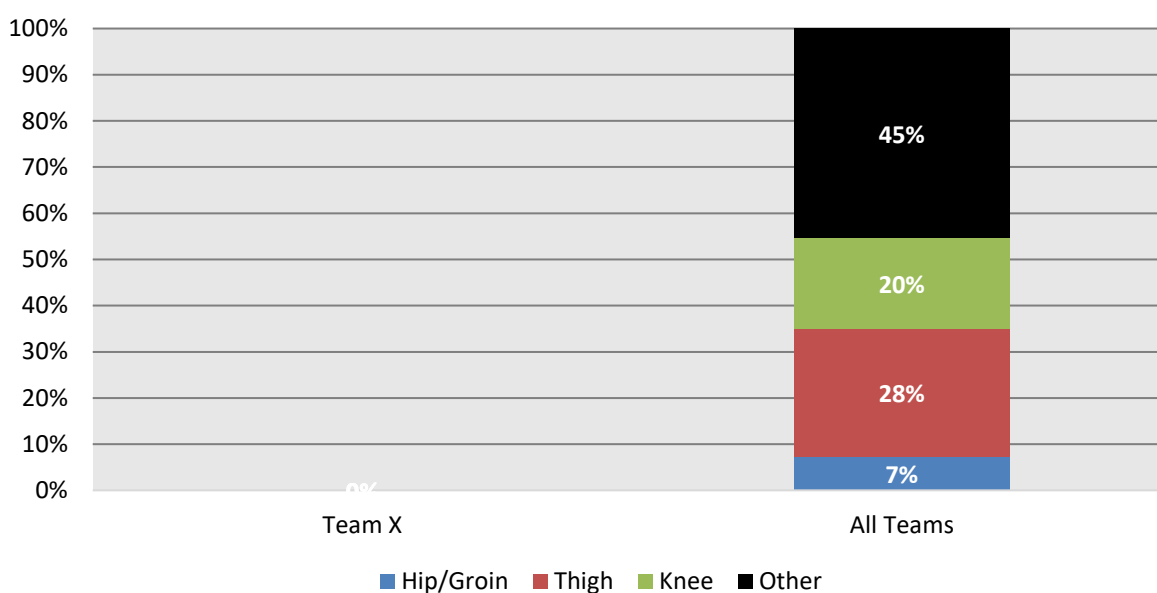


Figure 7. Distribution of injury types

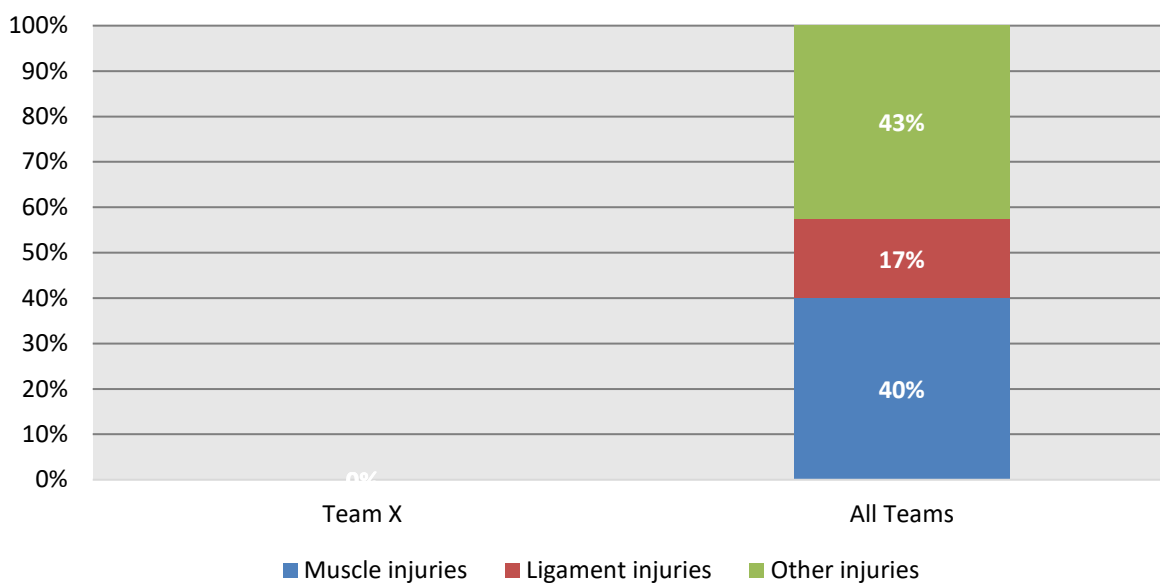


Figure 8. Distribution of overuse/traumatic injuries

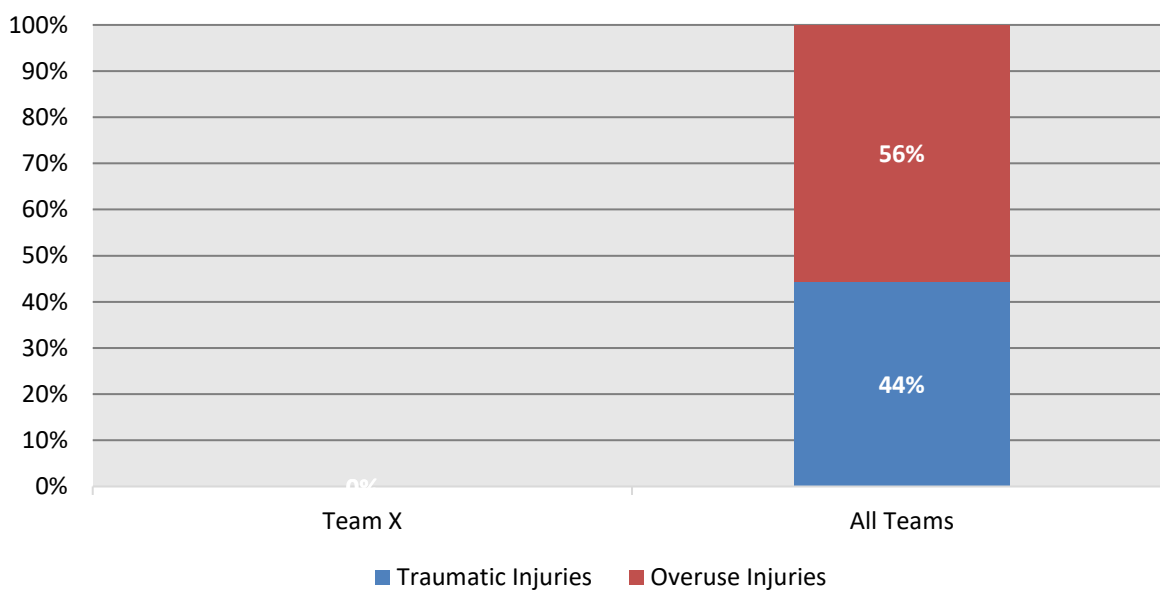


Figure 9. Distribution of contact/non-contact injuries

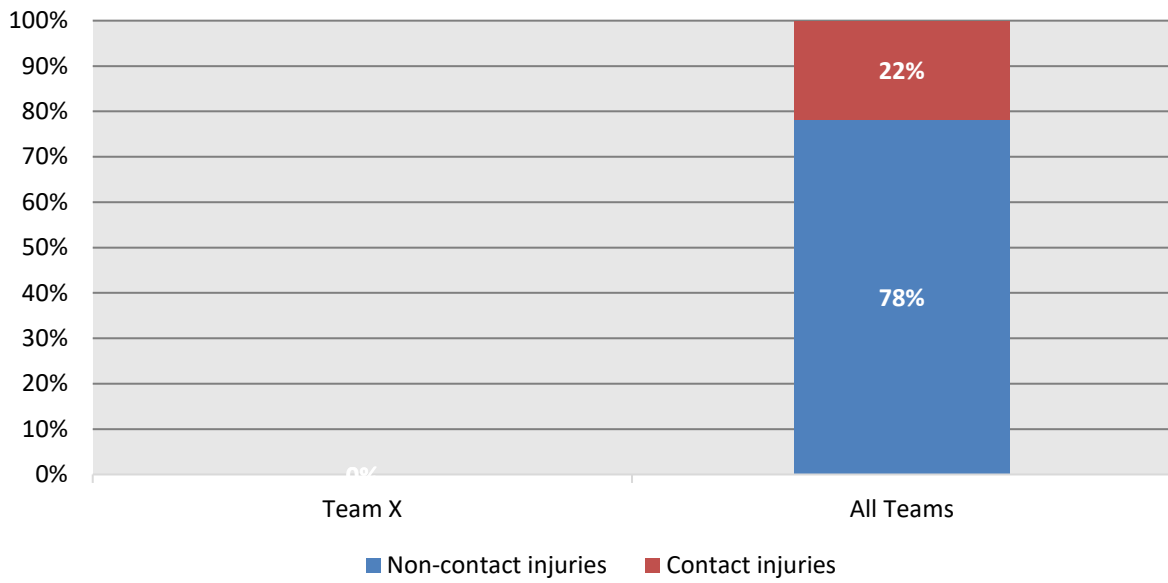


Figure 10. Distribution of injury severities

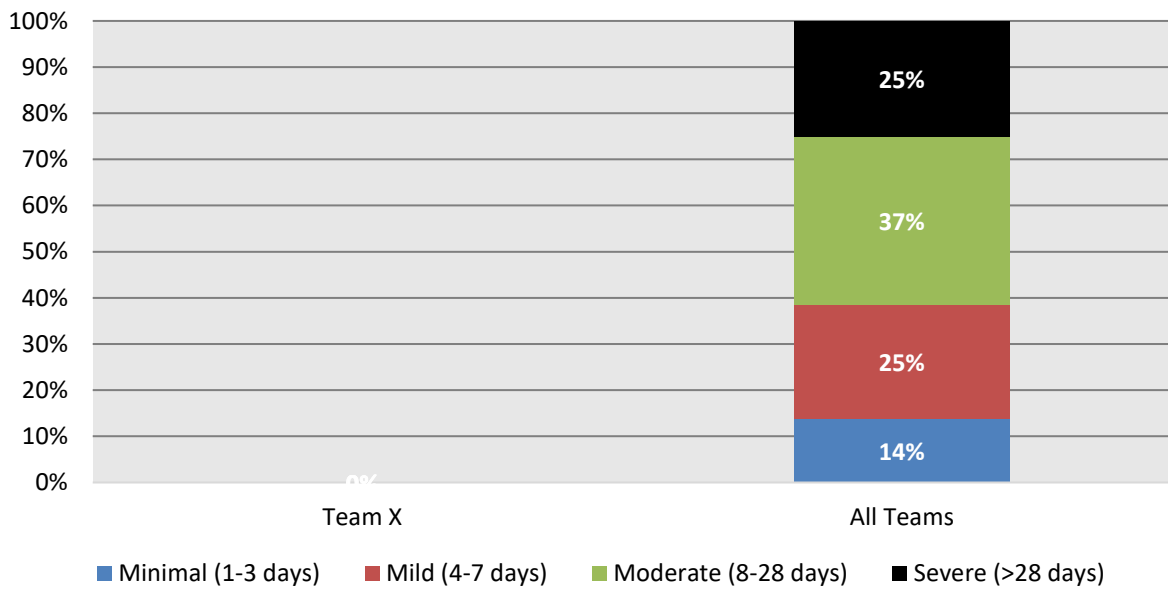
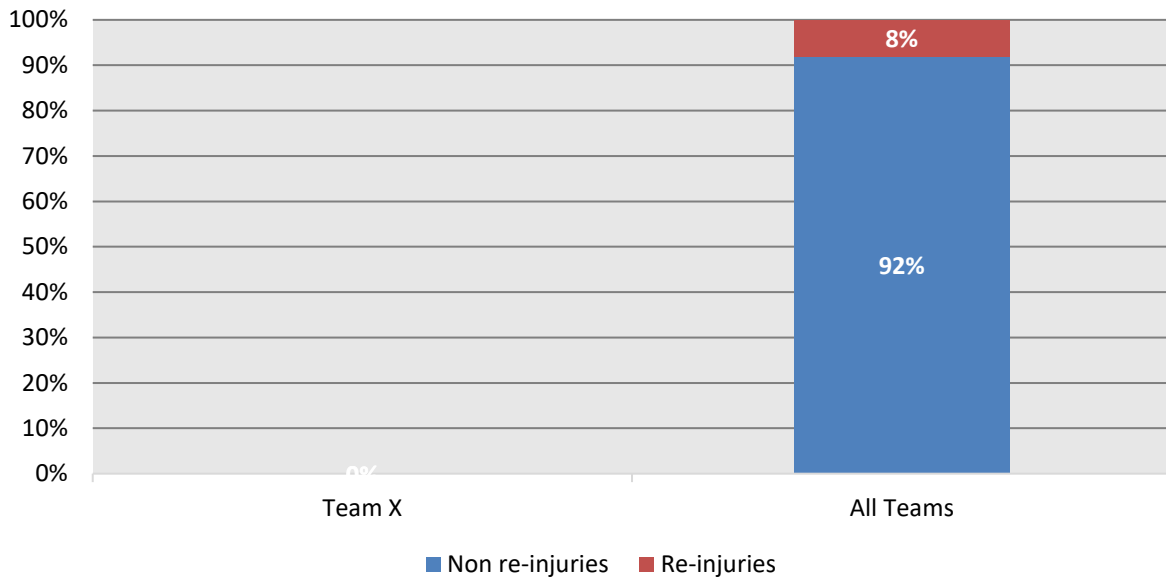


Figure 11. Distribution of re-injuries



6 Training injuries

6.1 Training injury rate

The mean training injury rate for all teams was 4.2 injuries for every 1 000 training hours, with individual rates ranging from 1.0 to 8.6 at the various clubs.

Figure 12. Training injury rate

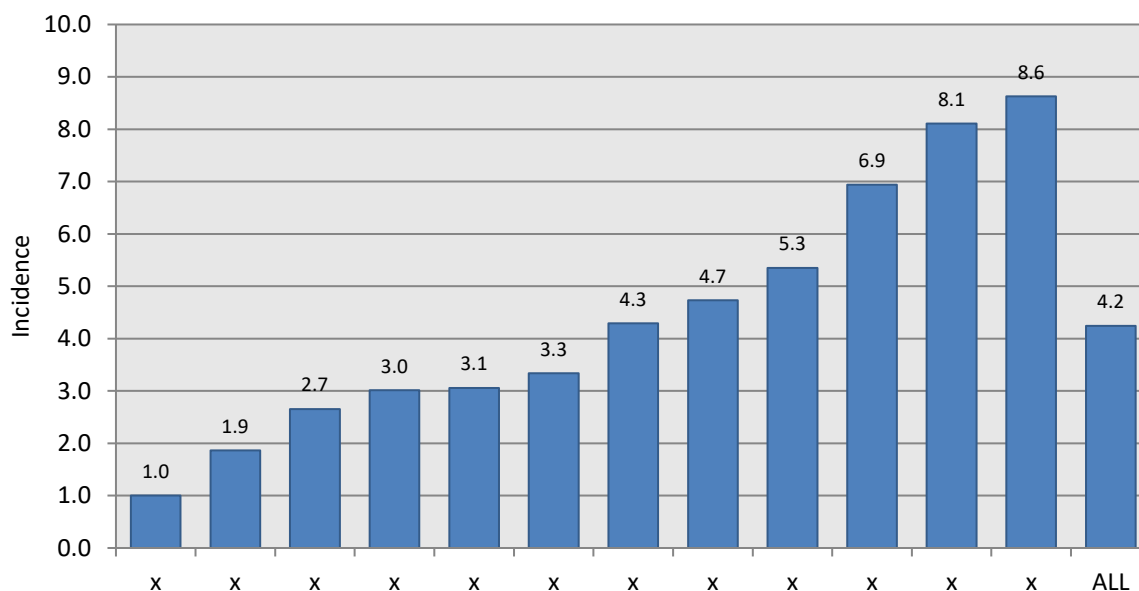
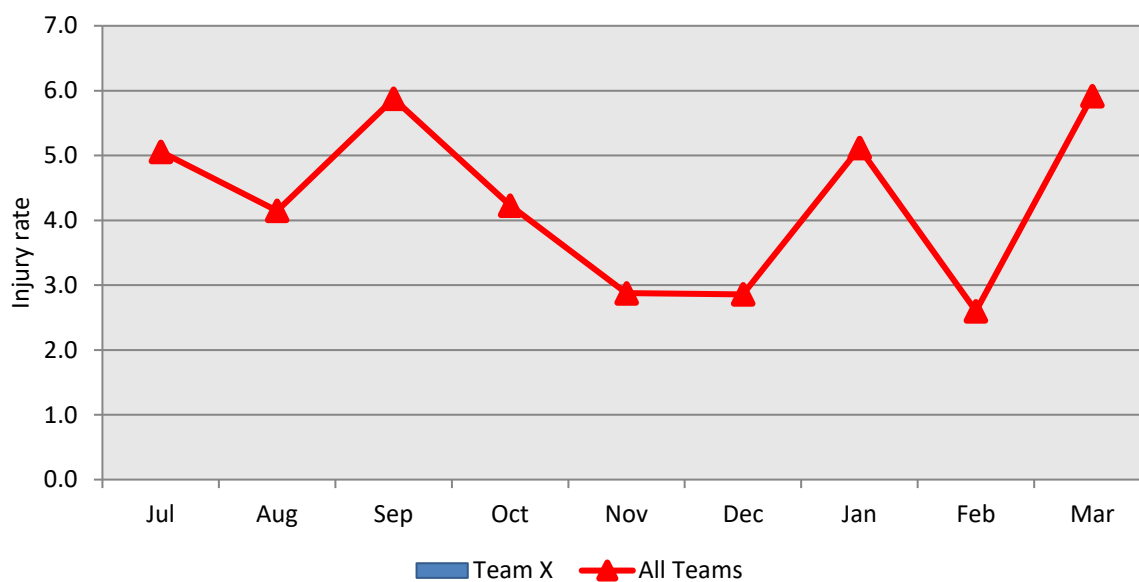


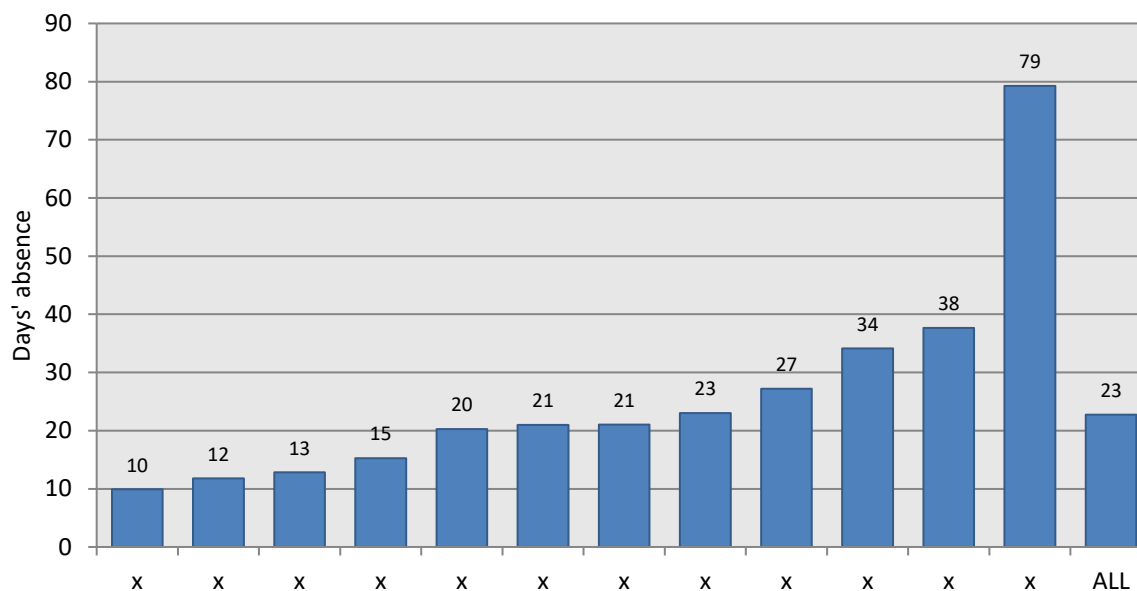
Figure 13. Training injury rates for Team X over the study period in comparison to all teams



6.2 Days' absence for training injuries

The average absence for training injuries among the teams was 23 days, ranging from 10 to 79 days at the various clubs.

Figure 14. Days' absence for training injuries



6.3 Burden of training injuries

The mean injury burden in training was 96 days' absence/1 000 hours, ranging from 27 to 277 at the various clubs.

Figure 15. Training injury burden

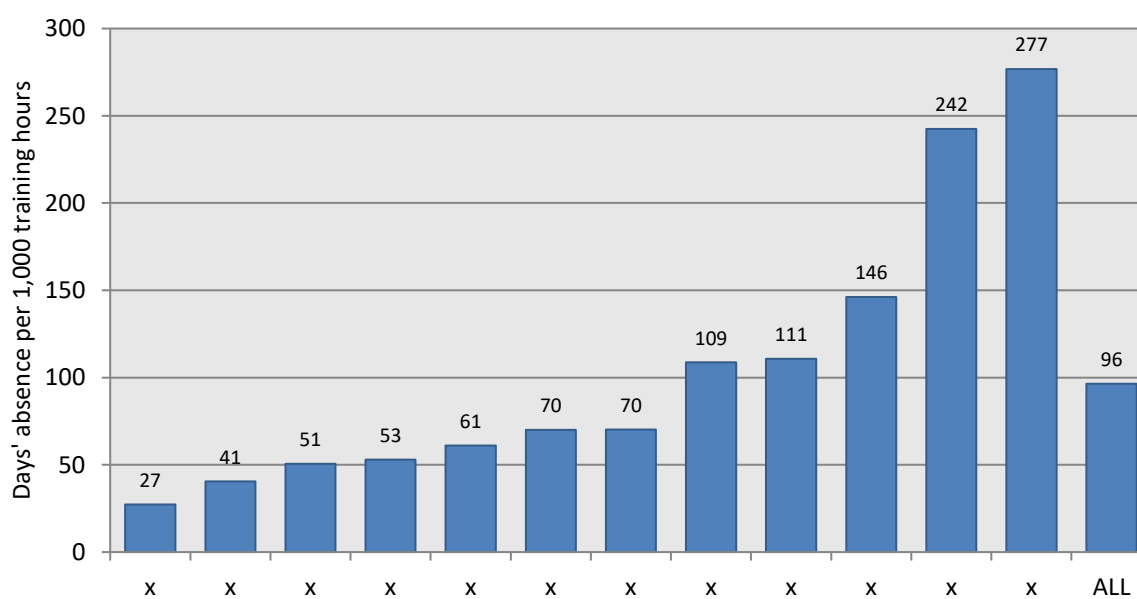
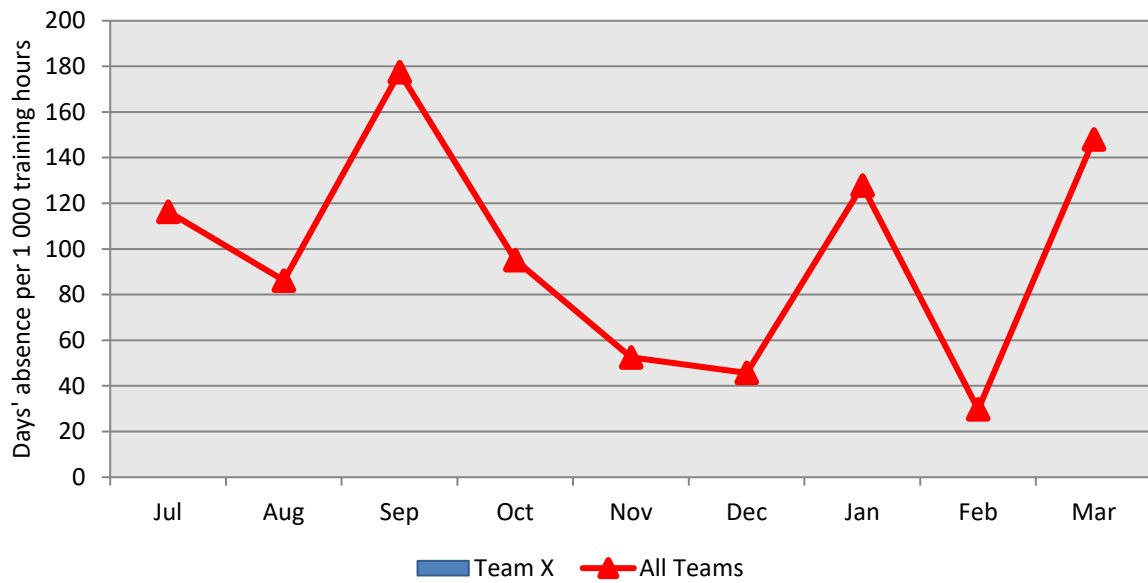


Figure 16. Training injury burden for Team X over the study period in comparison to all teams



7 Match injuries

7.1 Match injury rate

The mean match injury rate for all teams was 14 injuries for every 1 000 match hours, with individual rates ranging from 5 to 29.

Figure 17. Match injury rate

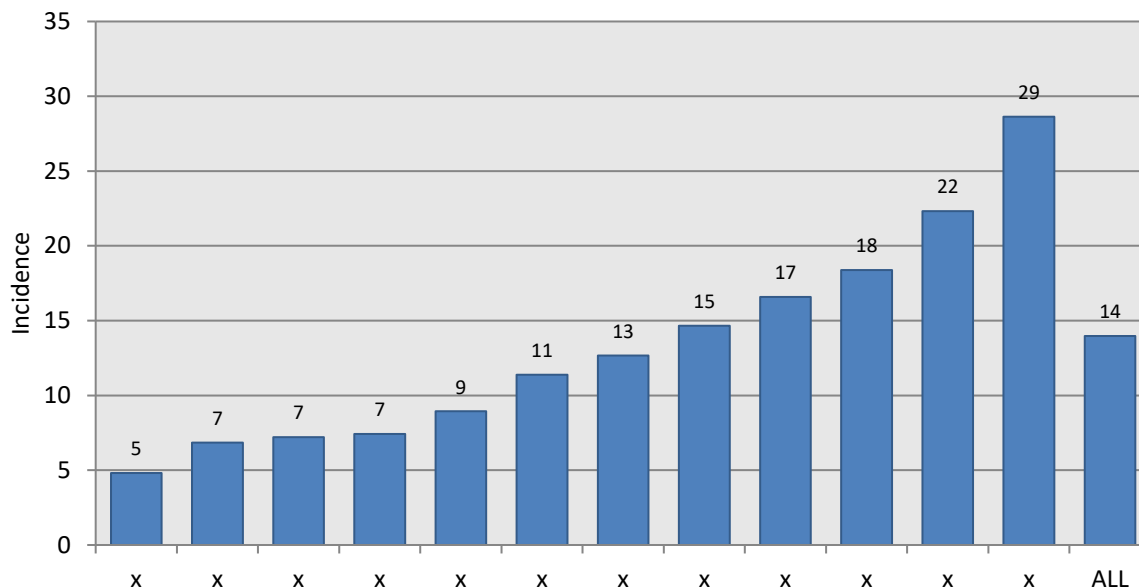
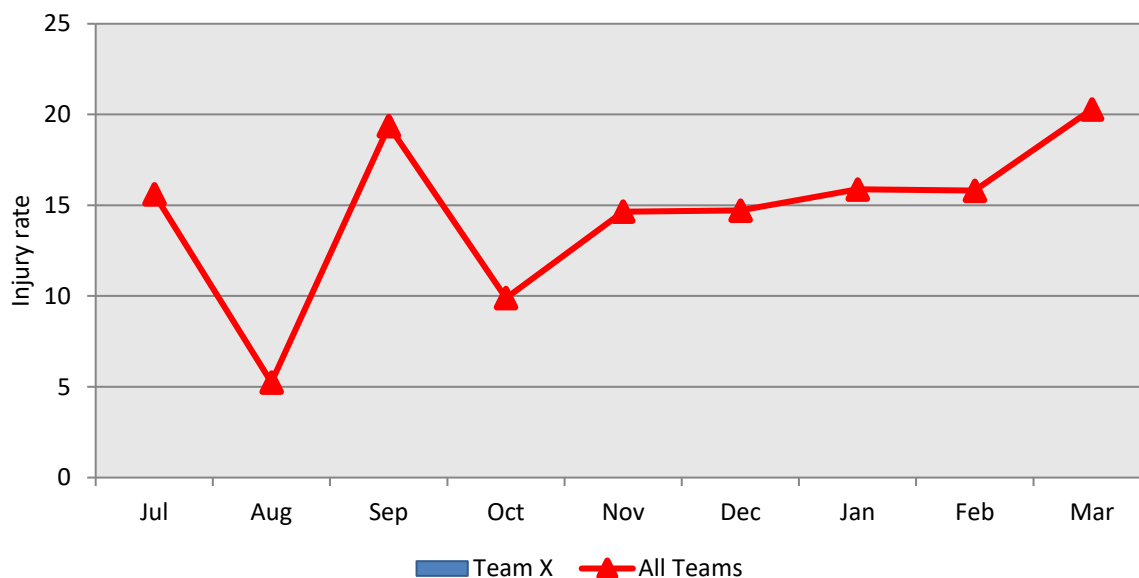


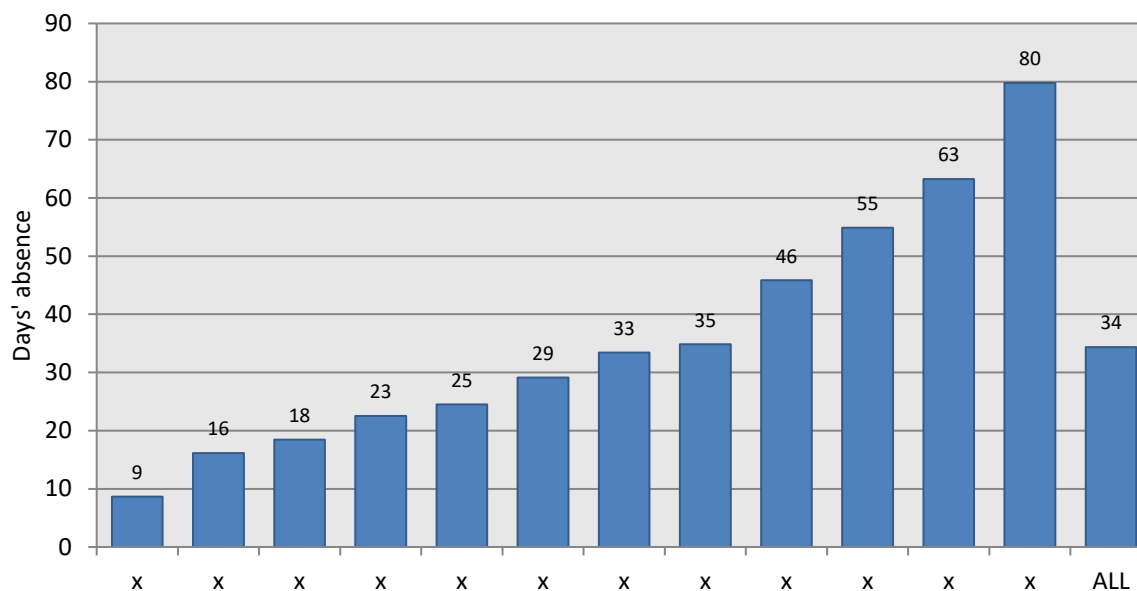
Figure 18. Match injury rate for Team X over the study period in comparison to all teams



7.2 Days' absence for match injuries

The average absence for match injuries among the teams was 34 days, ranging from 9 to 80 days at the various clubs.

Figure 19. Days' absence for match injuries



7.3 Burden of match injuries

The mean injury burden in match play was 480 days' absence/1 000 hours, ranging from 64 to 834 at the various clubs.

Figure 20. Match injury burden

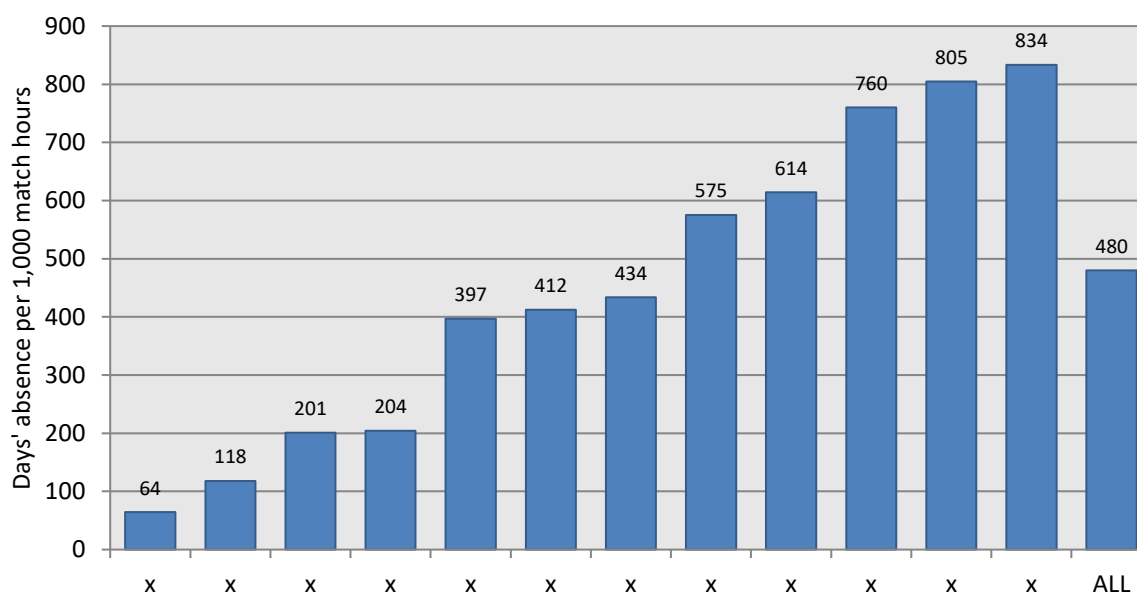
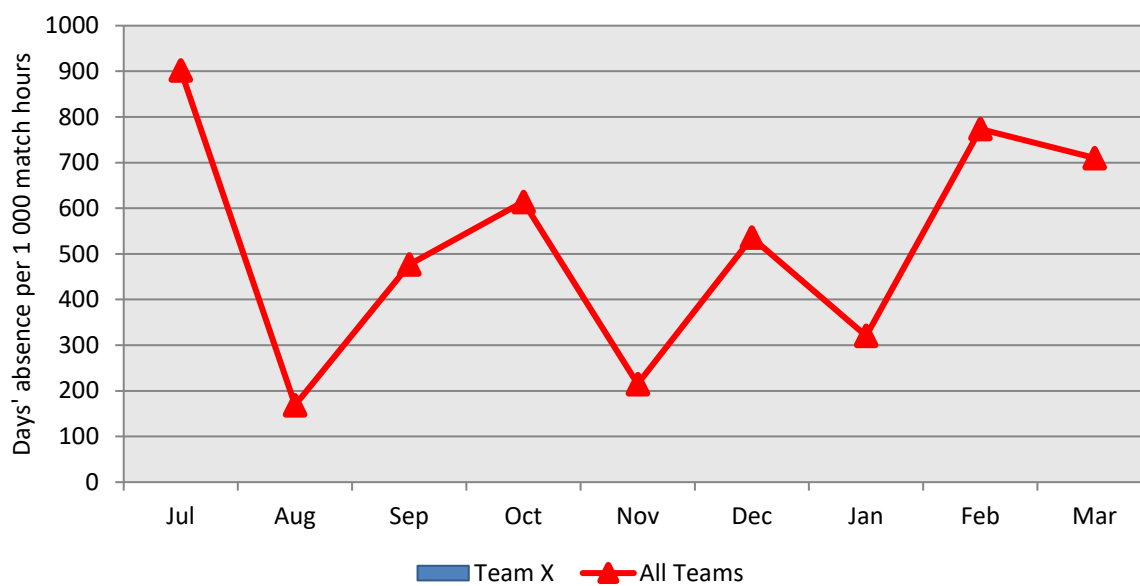


Figure 21. Match injury burden for Team X over the study period in comparison to all teams



8 Severe injuries

8.1 Severe injury patterns

Injuries resulting in more than four weeks' absence are classified as severe injuries.

Figure 22. Distribution of severe injury locations

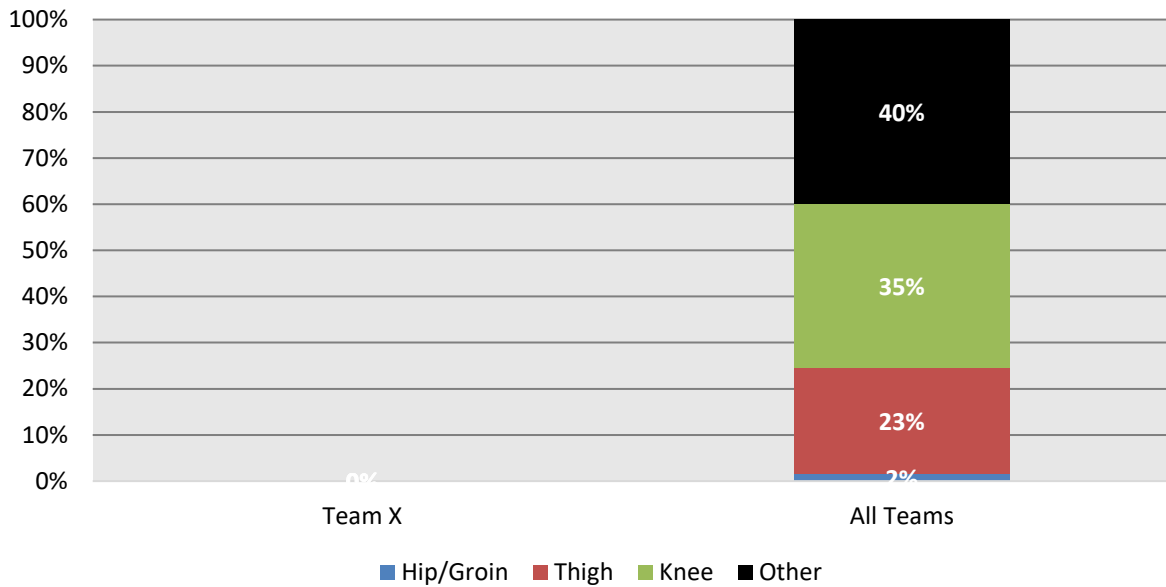
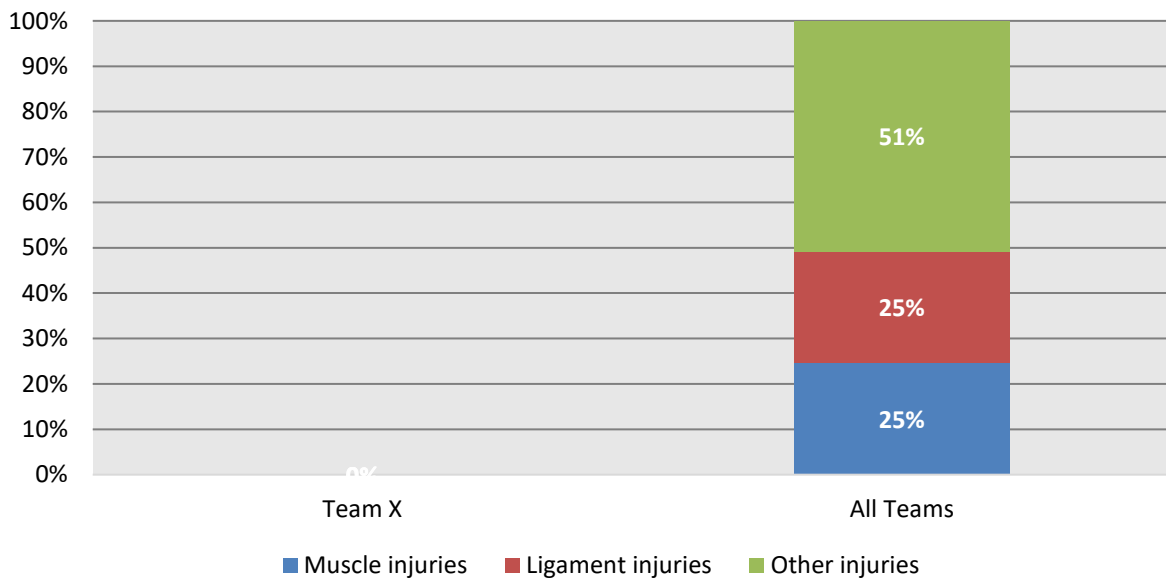


Figure 23. Distribution of severe injury types



8.2 Severe injury rate

The mean severe injury rate for all teams was 1.3 severe injuries for every 1 000 hours, with individual rates ranging from 0.2 to 2.4. Please note that since total absences are unknown where players were still injured at the time of writing, the true figures may differ slightly from those presented here.

Figure 24. Severe injury rate

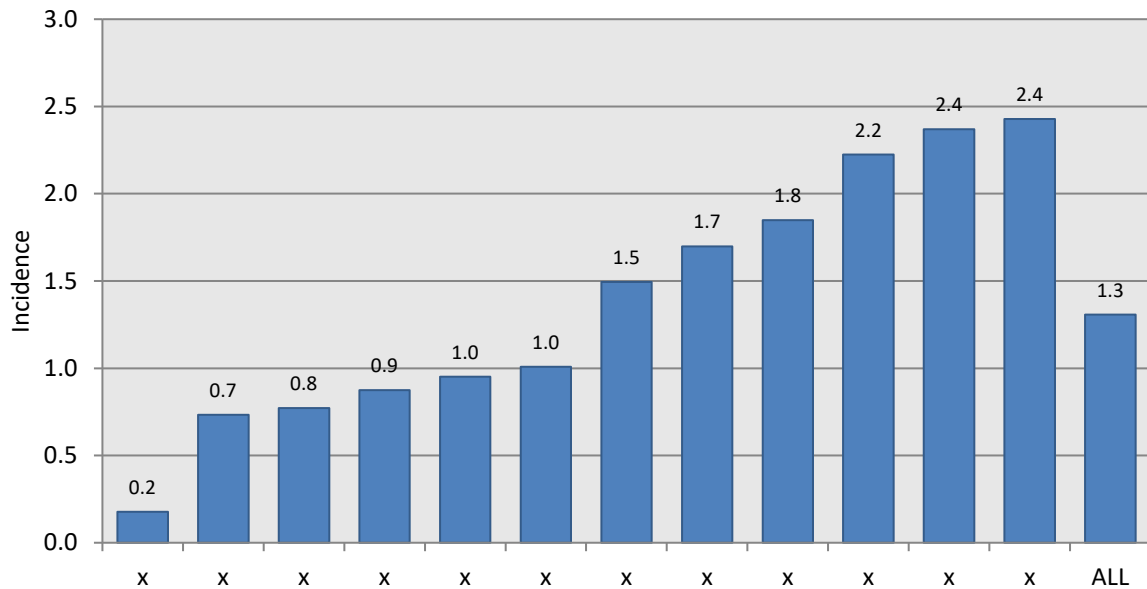
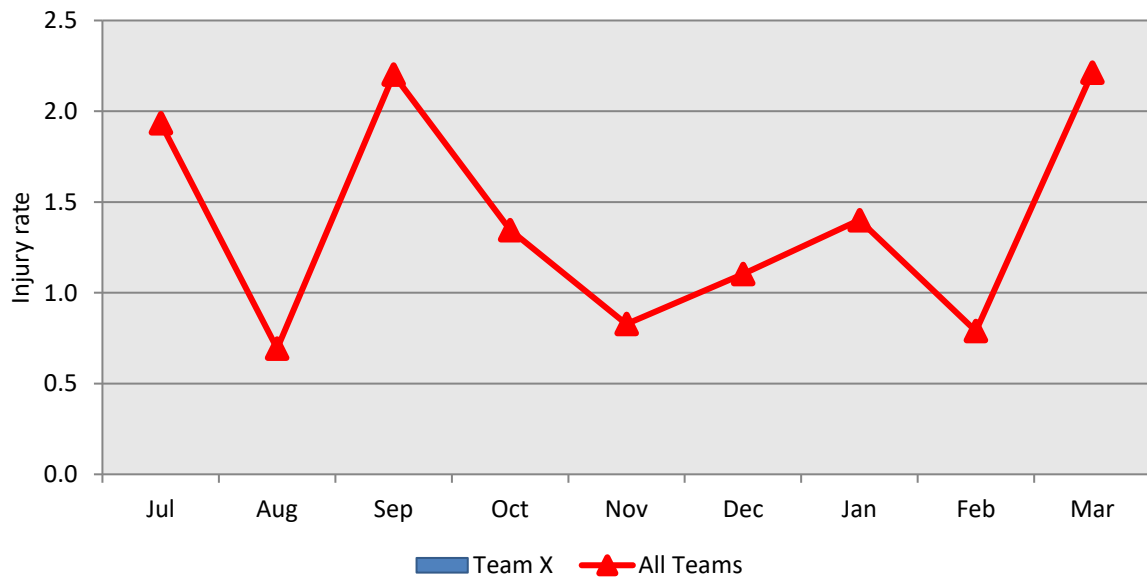


Figure 25. Severe injury rates for Team X over the study period in comparison to all teams



9 Muscle injuries

9.1 Muscle injury patterns

Figure 26. Distribution of muscle injury locations

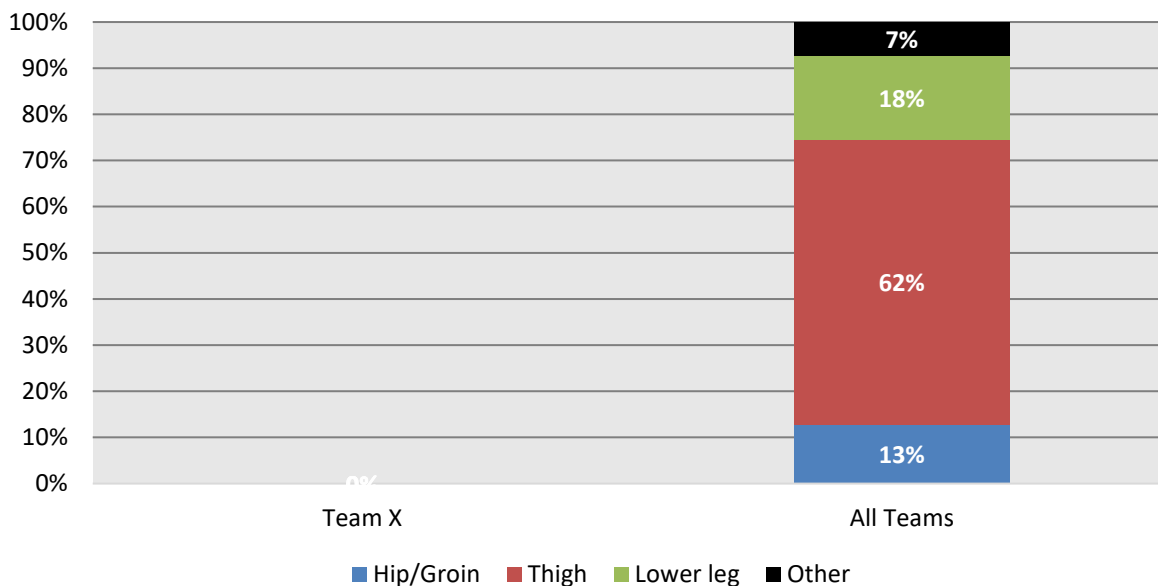


Figure 27. Distribution of muscle injury severities

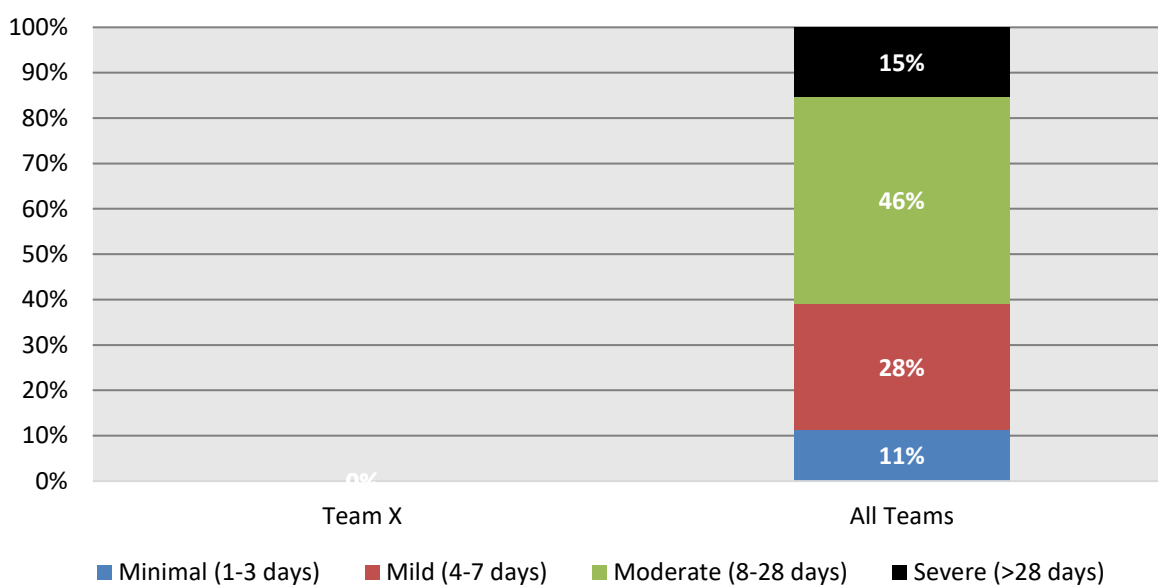
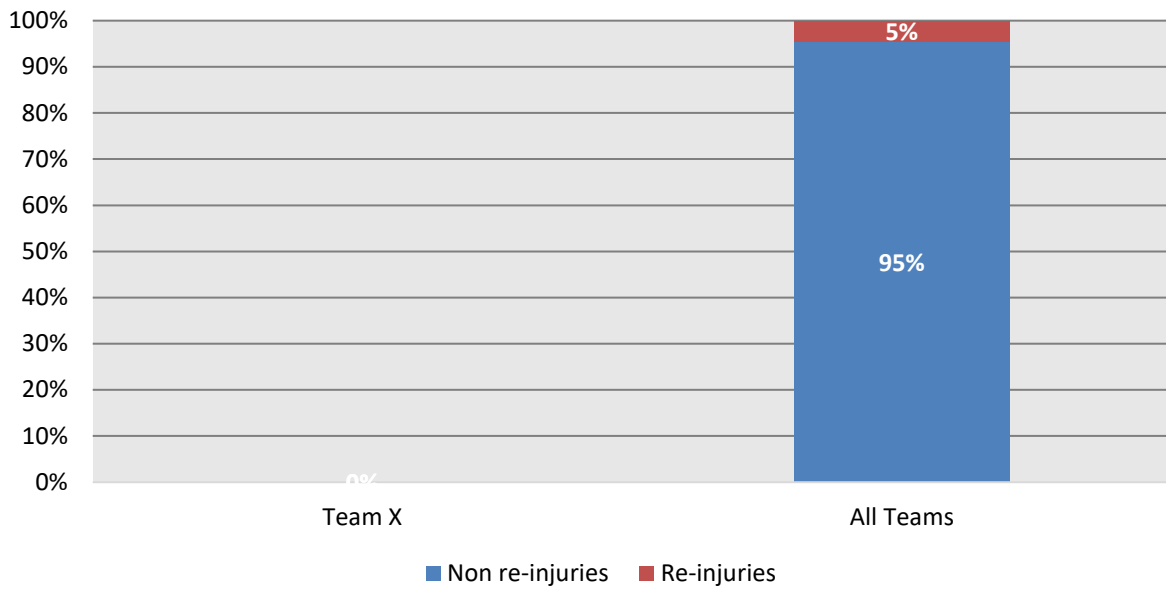


Figure 28. Distribution of re-injuries for muscle injuries



9.2 Muscle injury rate

The mean muscle injury rate for all teams was 2.2 injuries for every 1 000 hours, with individual rates ranging from 0.7 to 4.3.

Figure 29. Muscle injury rate

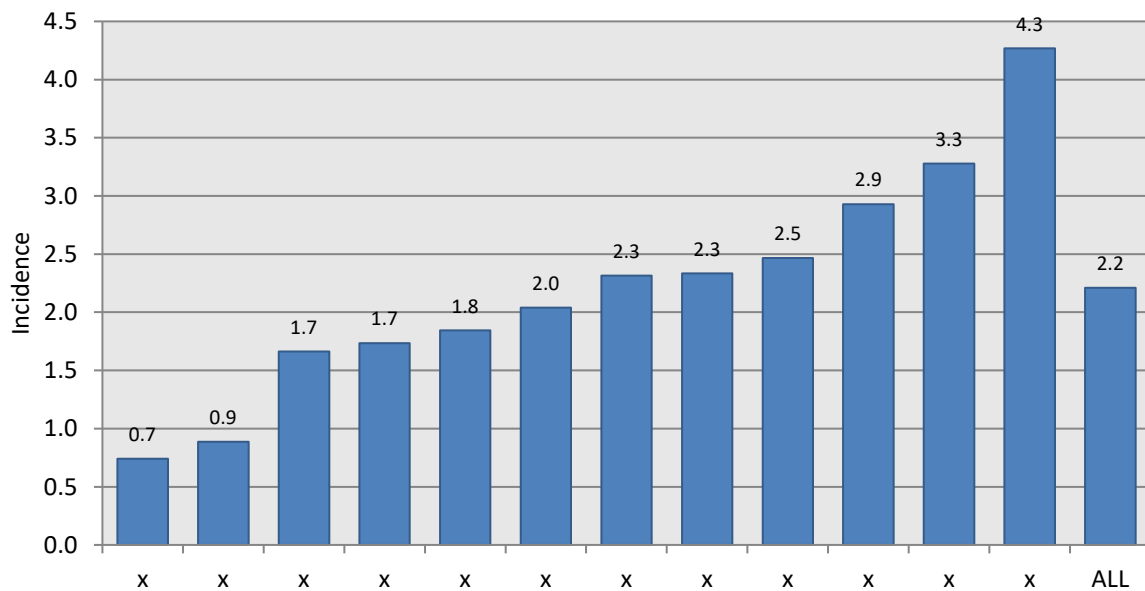
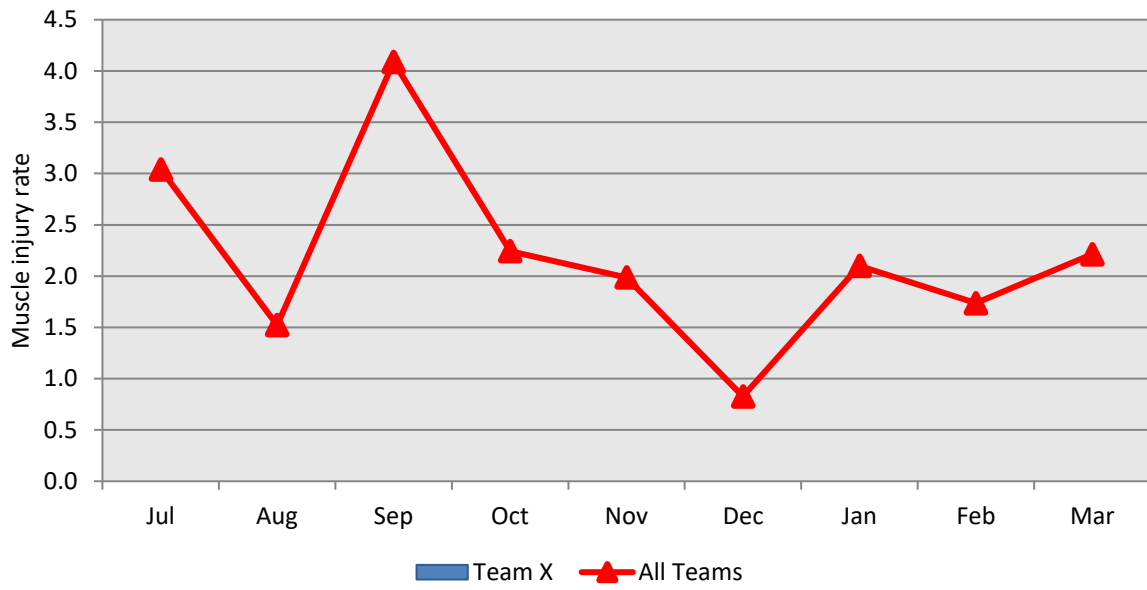


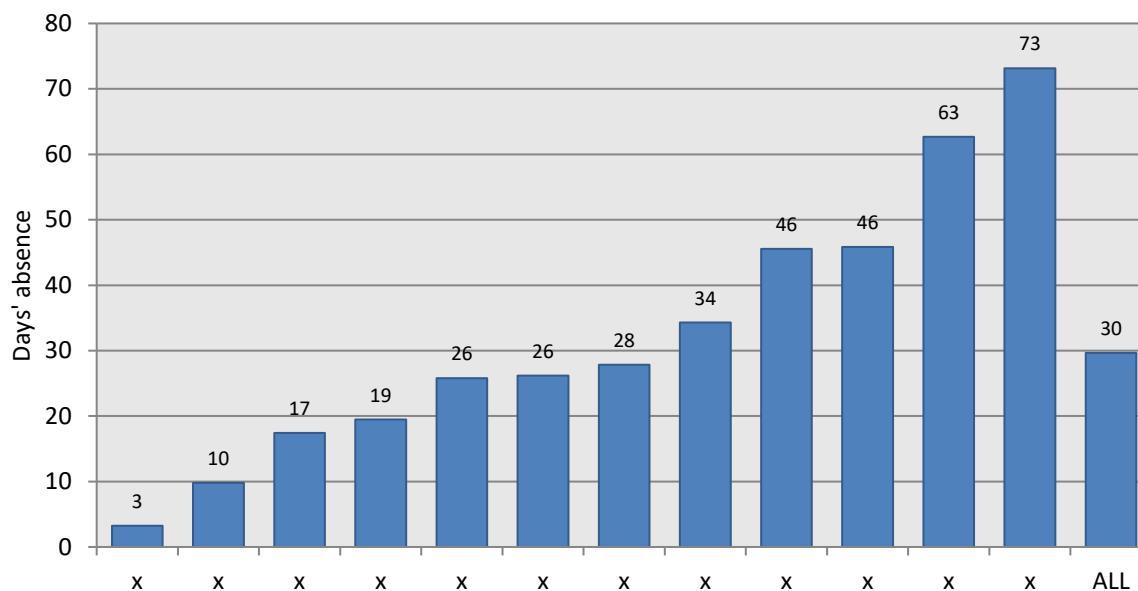
Figure 30. Muscle injury rates for Team X over the study period in comparison to all teams



9.3 Days' absence for muscle injuries

The average absence for muscle injuries among the teams was 30 days, ranging from 3 to 73 days at the various clubs.

Figure 31. Days' absence for muscle injuries



9.4 Burden of muscle injuries

The mean injury burden for muscle injury was 36 days' absence/1 000 hours, ranging from 15 to 107 at the various clubs.

Figure 32. Muscle injury burden

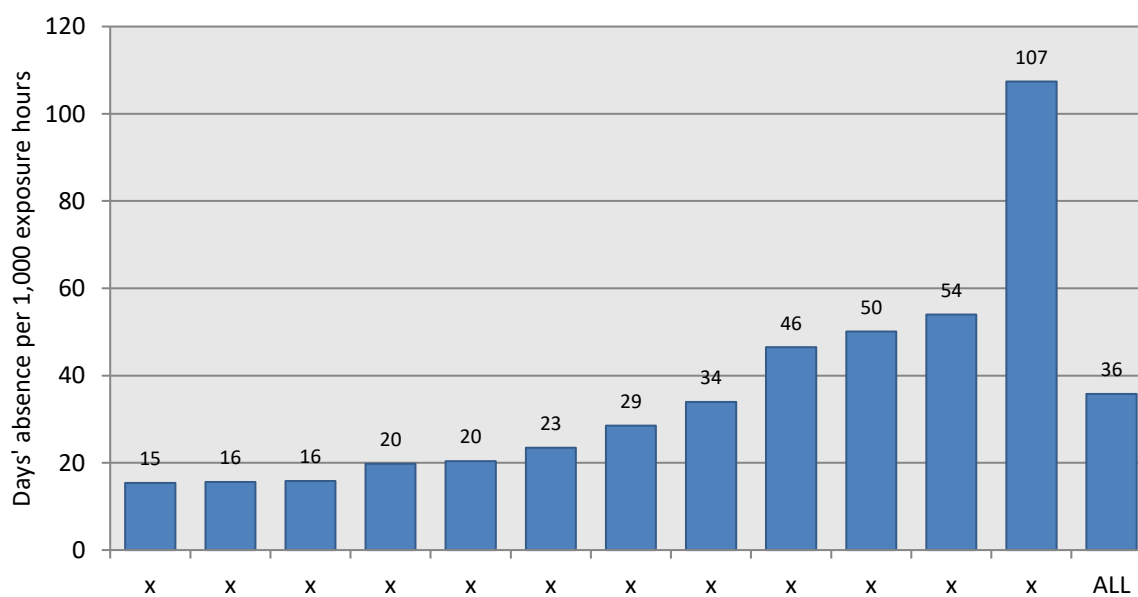
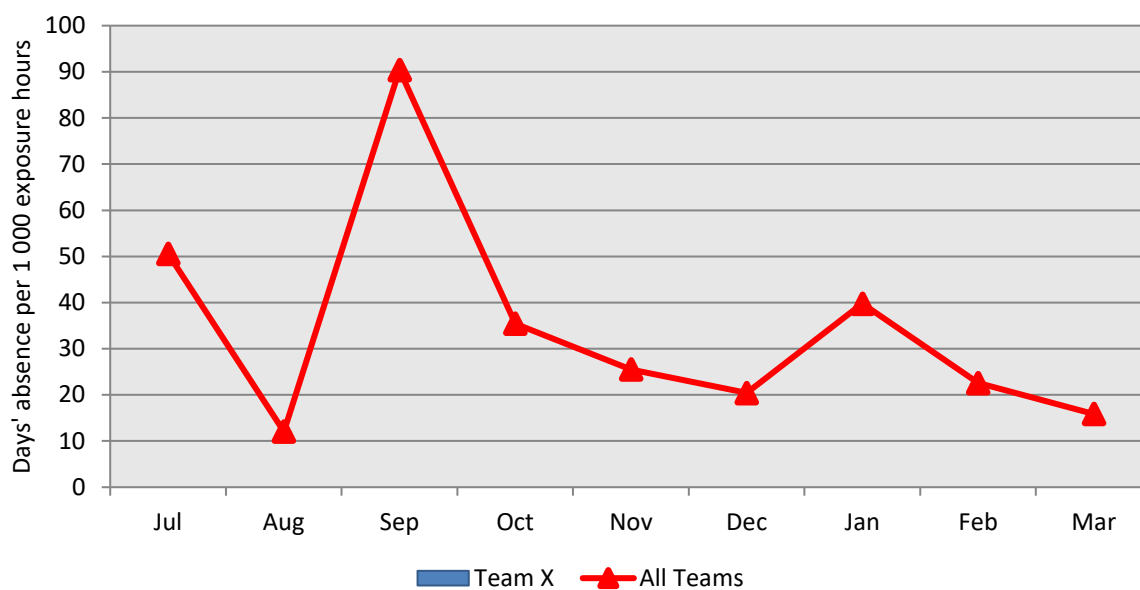


Figure 33. Muscle injury burden for Team X over the season in comparison to all teams



10 Ligament injuries

10.1 Ligament injury patterns

Figure 34. Distribution of ligament injury locations

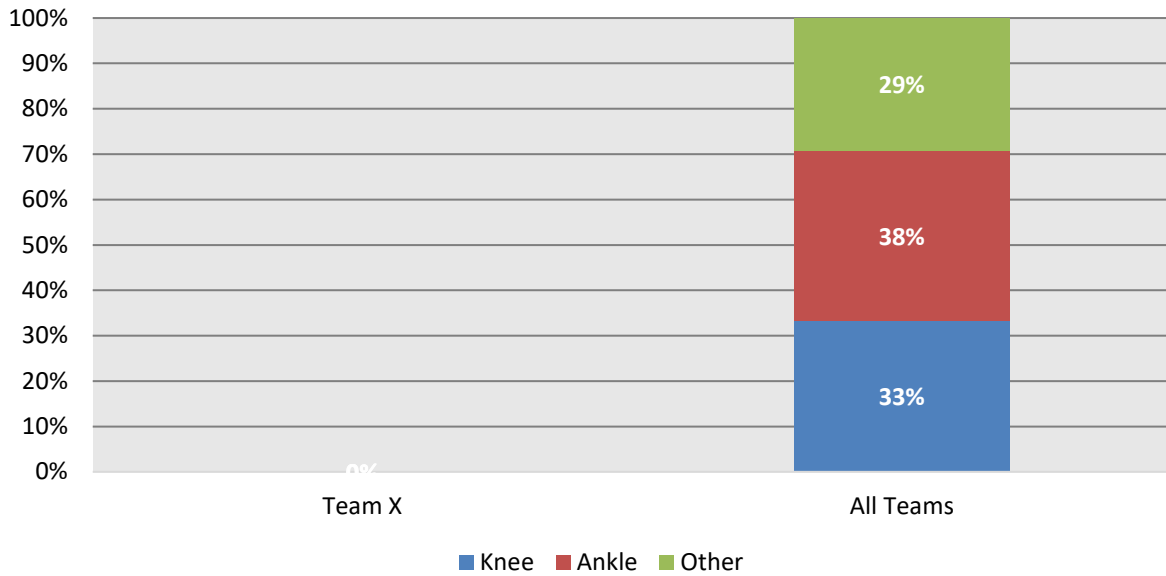


Figure 35. Distribution of ligament injury severities

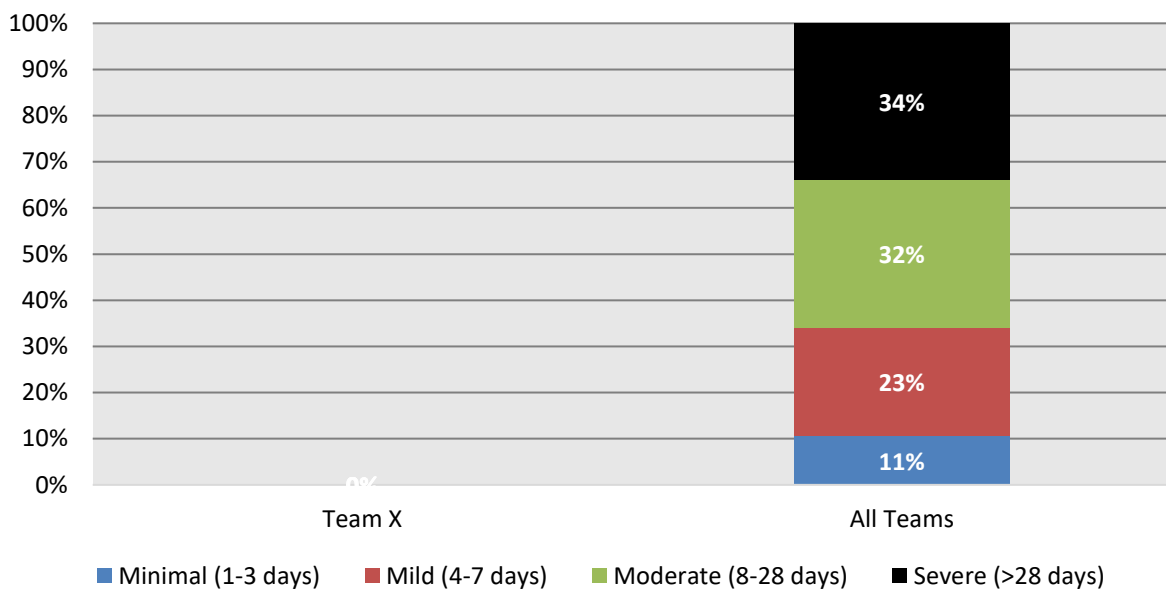
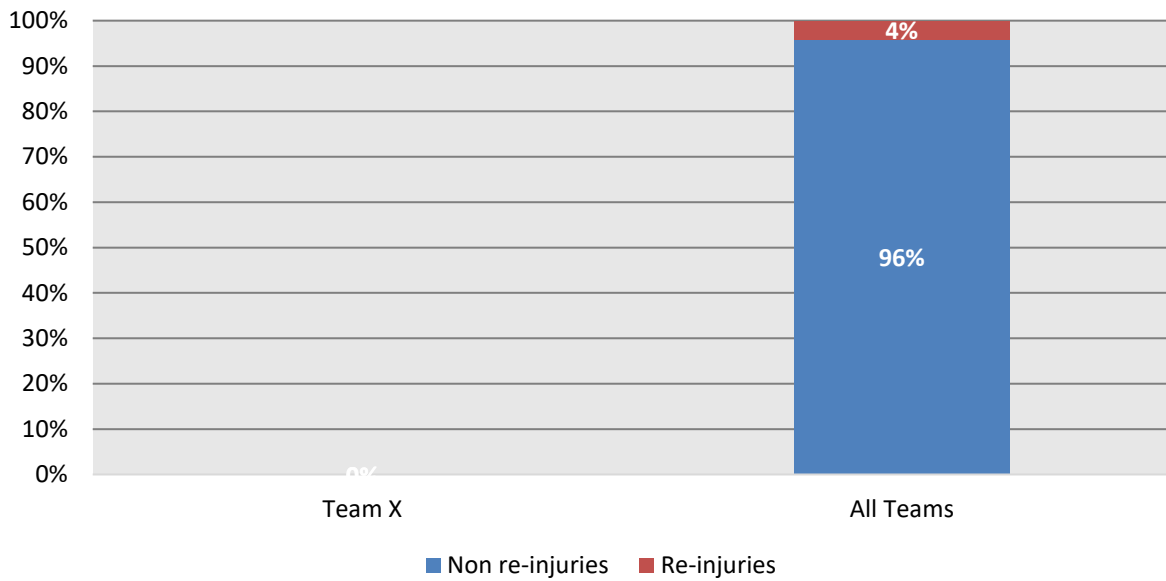


Figure 36. Distribution of re-injuries for ligament injuries



10.2 Ligament injury rate

The mean ligament injury rate for all teams was 1.0 injuries for every 1 000 hours, with individual rates ranging from 0.2 to 2.7 at the various clubs.

Figure 37. Ligament injury rate

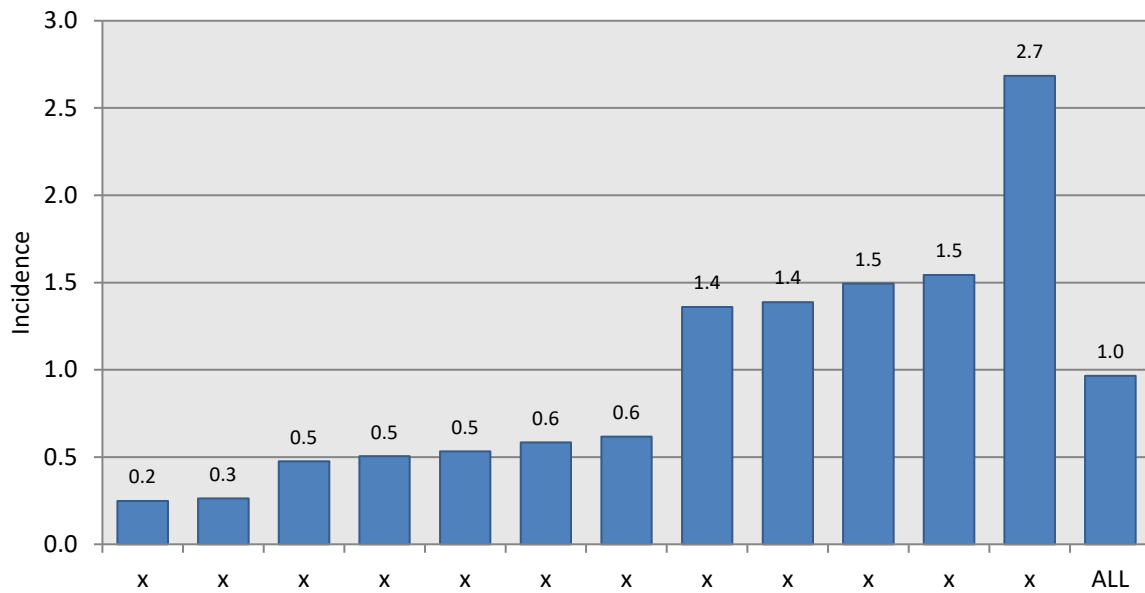
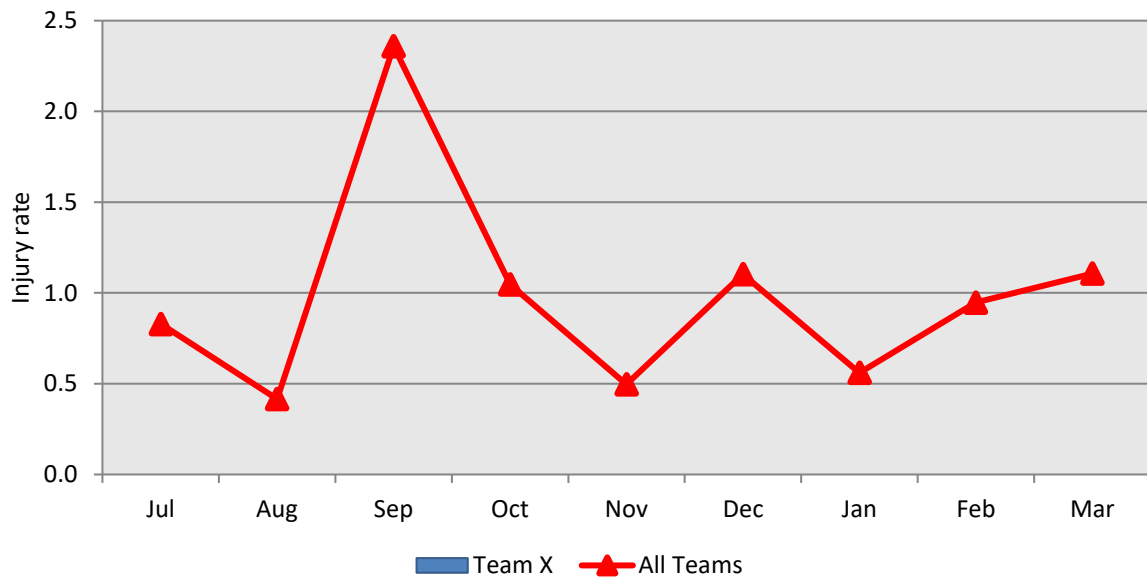


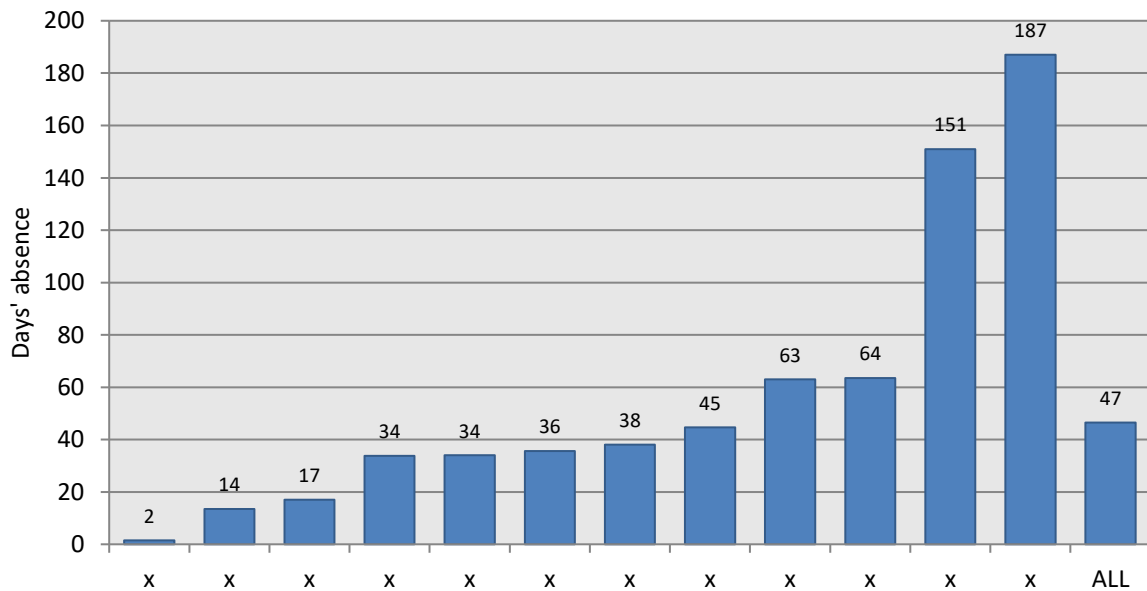
Figure 38. Ligament injury rates for Team X over the season in comparison to all teams



10.3 Days' absence for ligament injuries

The average absence for ligament injuries among the teams was 47 days, ranging from 2 to 187 days at the various clubs.

Figure 39. Days' absence for ligament injuries



10.4 Burden of ligament injuries

The mean burden for ligament injury was 45 days' absence/1 000 hours, ranging from 1 to 94 at the various clubs.

Figure 40. Ligament injury burden

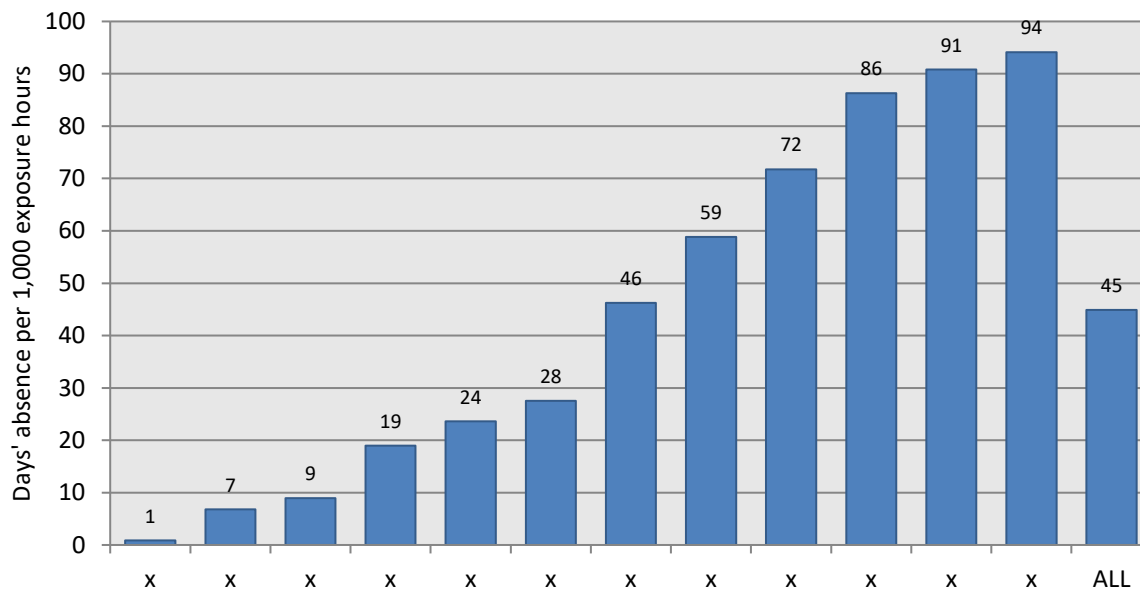
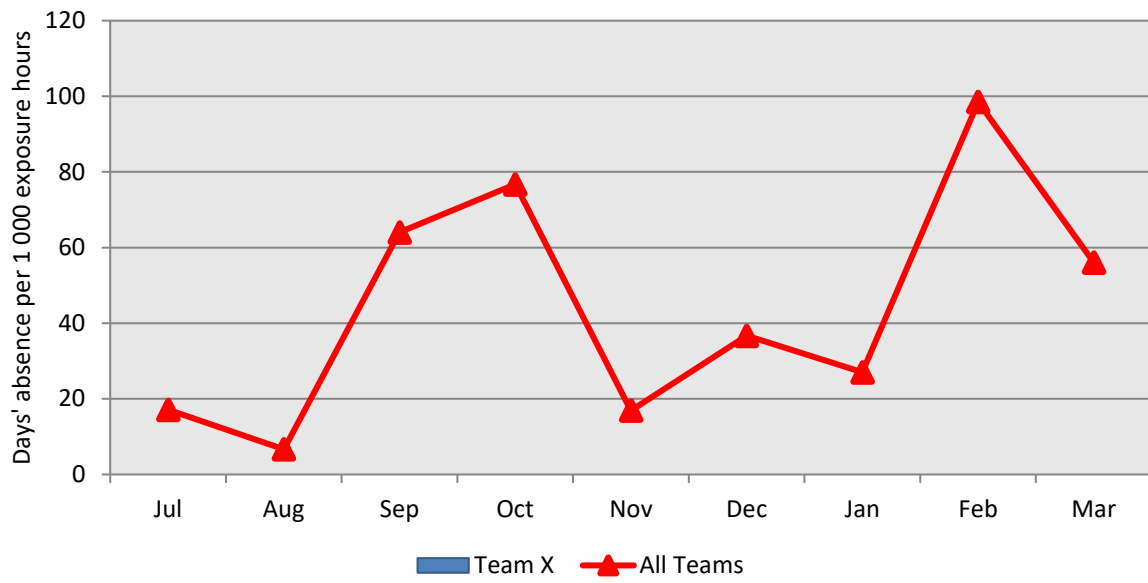


Figure 41. Ligament injury burden for Team X over the season in comparison to all teams



11 Re-injuries

11.1 Re-injury patterns

Figure 42. Distribution of re-injury locations

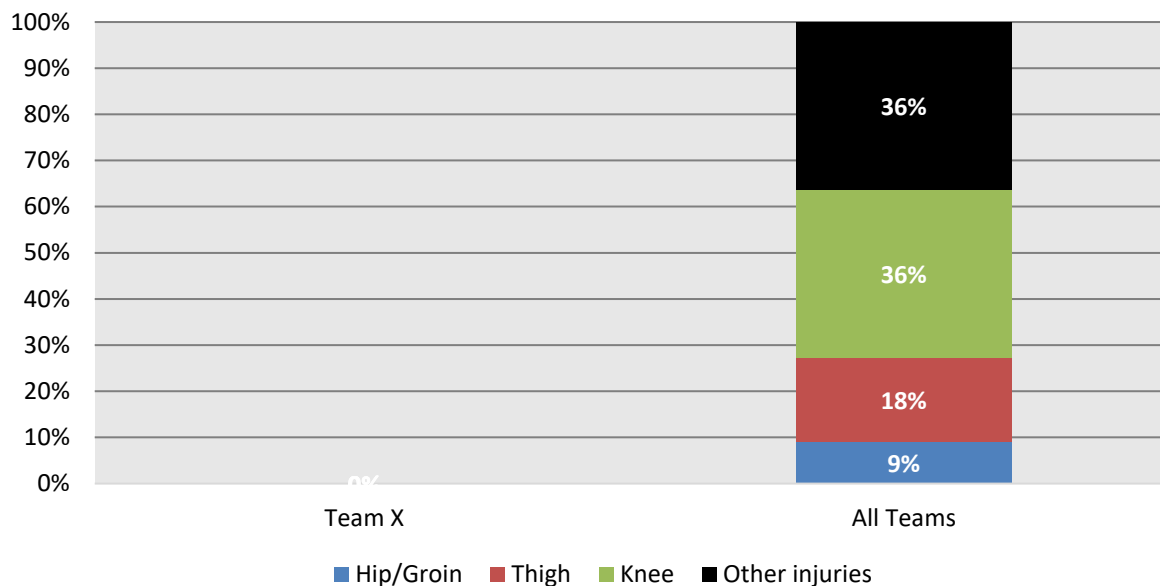


Figure 43. Distribution of re-injury types

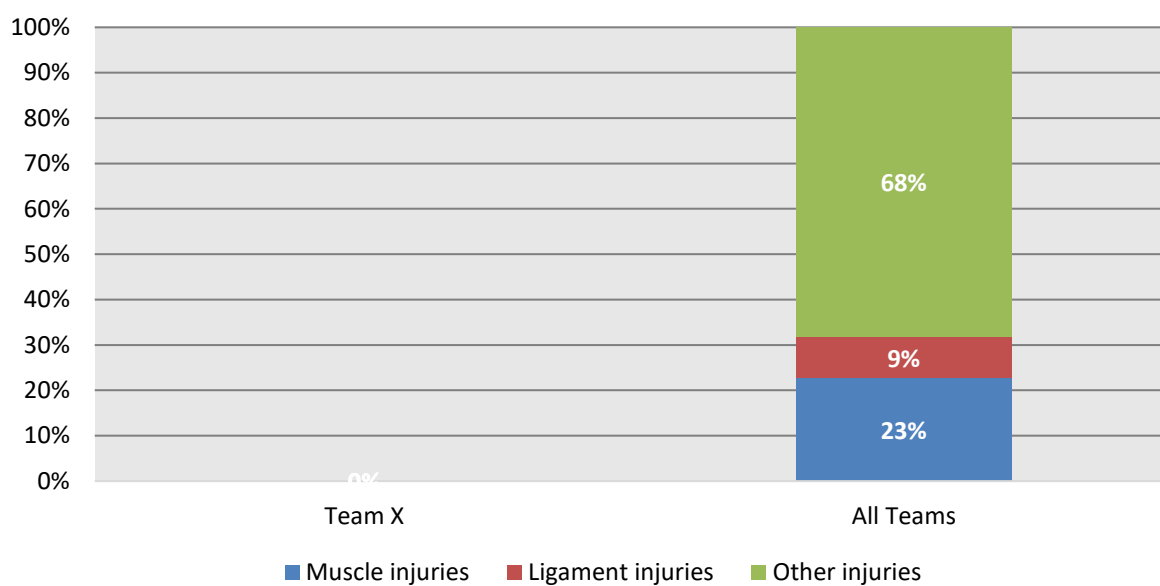
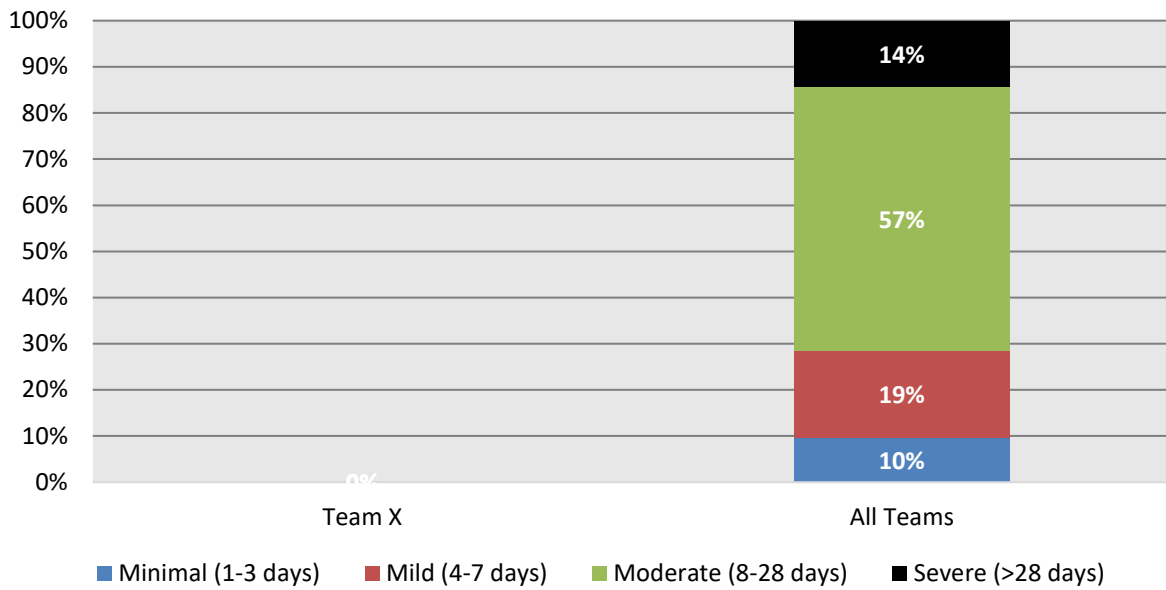


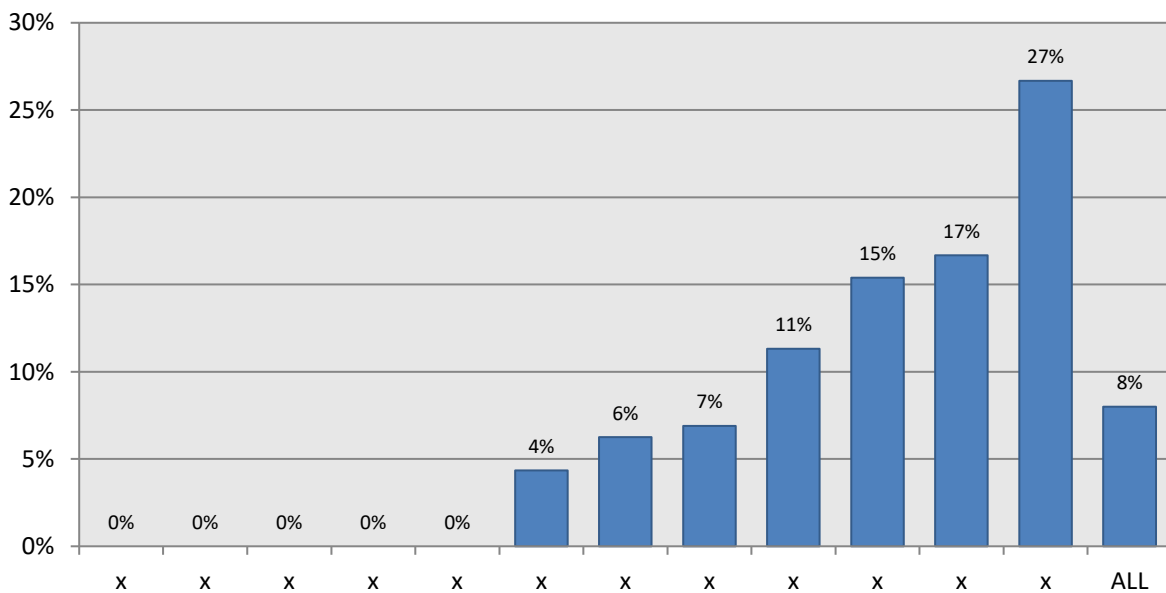
Figure 44. Distribution of re-injury severities



11.2 Re-injury proportion

On average, 8% of injuries sustained were re-injuries, ranging from 0% to 27% at the various clubs.

Figure 45. Re-injury proportion



12 Squad attendance/availability and absence

All data in the charts in this section is in the form of percentages.

12.1 Squad attendance/availability

Squad attendance/availability refers to the average percentage of players who participated in training sessions or were available for match selection over the review period. An attendance/availability rate of 100% would mean that no player was absent because of injury, illness, international duty or any other reason.

Figure 47. Squad attendance rates for training

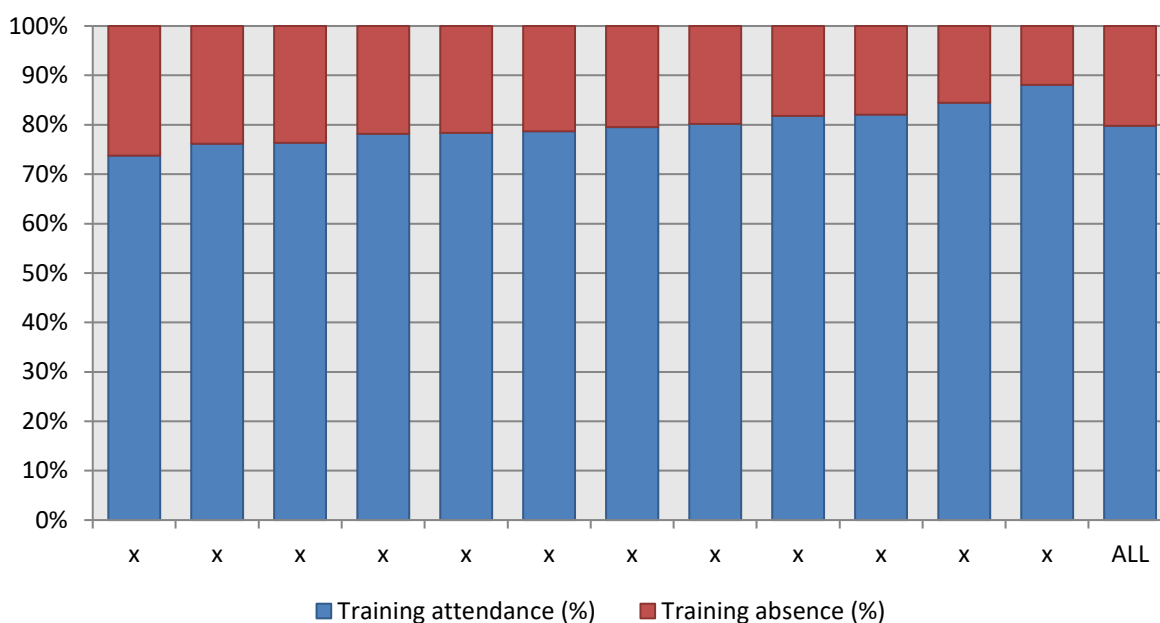


Figure 49. Squad attendance in training for Team X over the study period in comparison to all teams

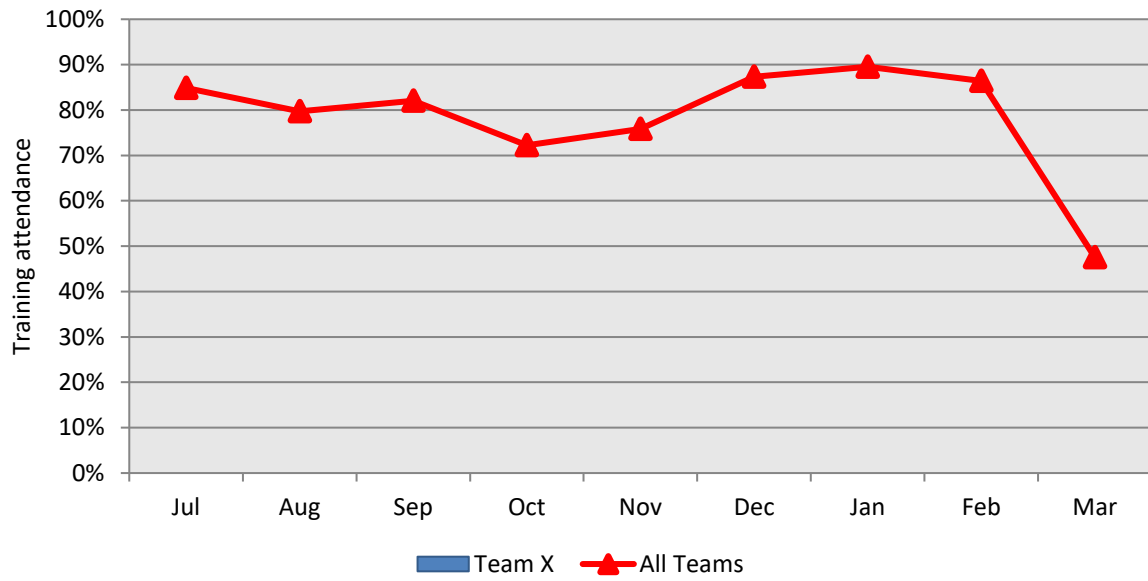


Figure 50. Squad availability rates for matches

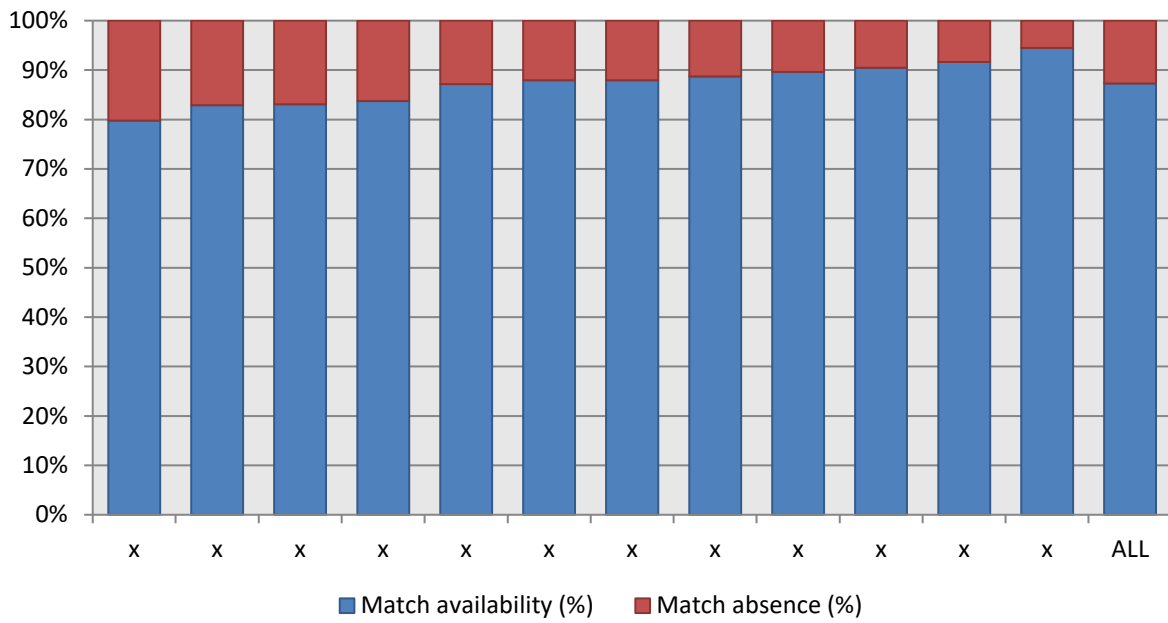
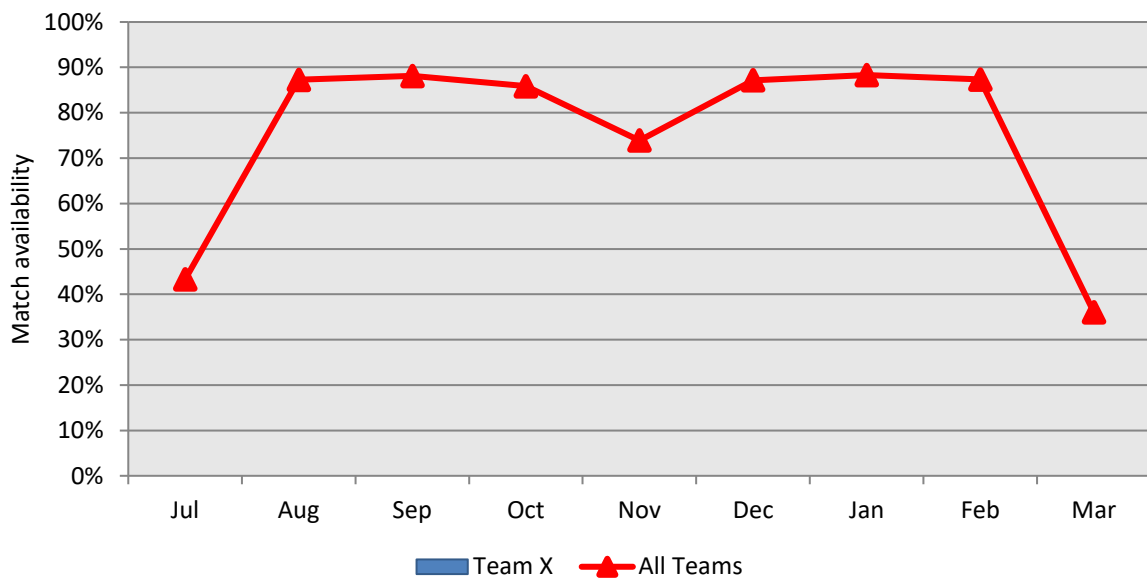


Figure 51. Squad availability for matches for Team X over the study period in comparison to all teams



12.2 Squad absence

The charts below break players' absences down by reason.

Figure 52. Reasons for absence from training sessions

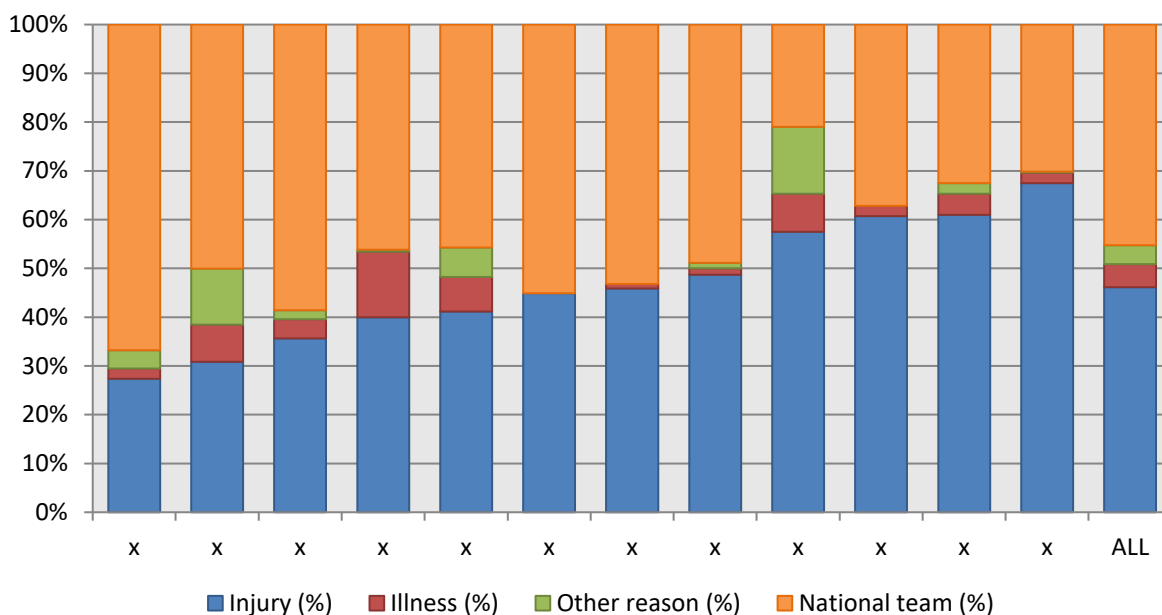
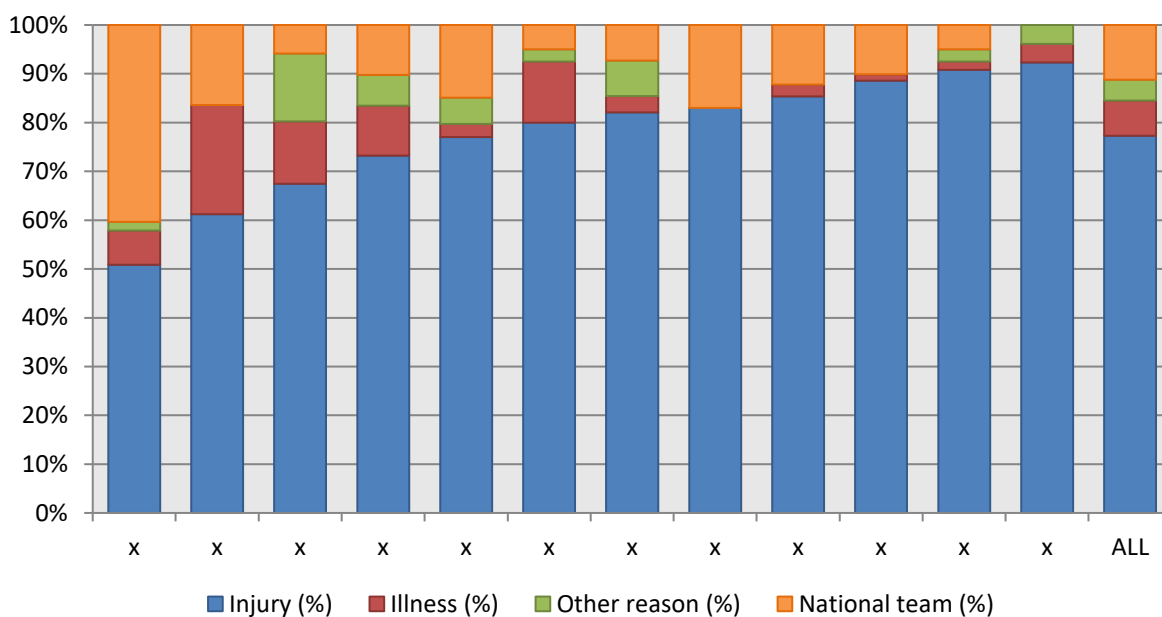


Figure 53. Reasons for absence from matches



12.2.1 Absence due to injury

Figure 54. Absence from training sessions due to injury

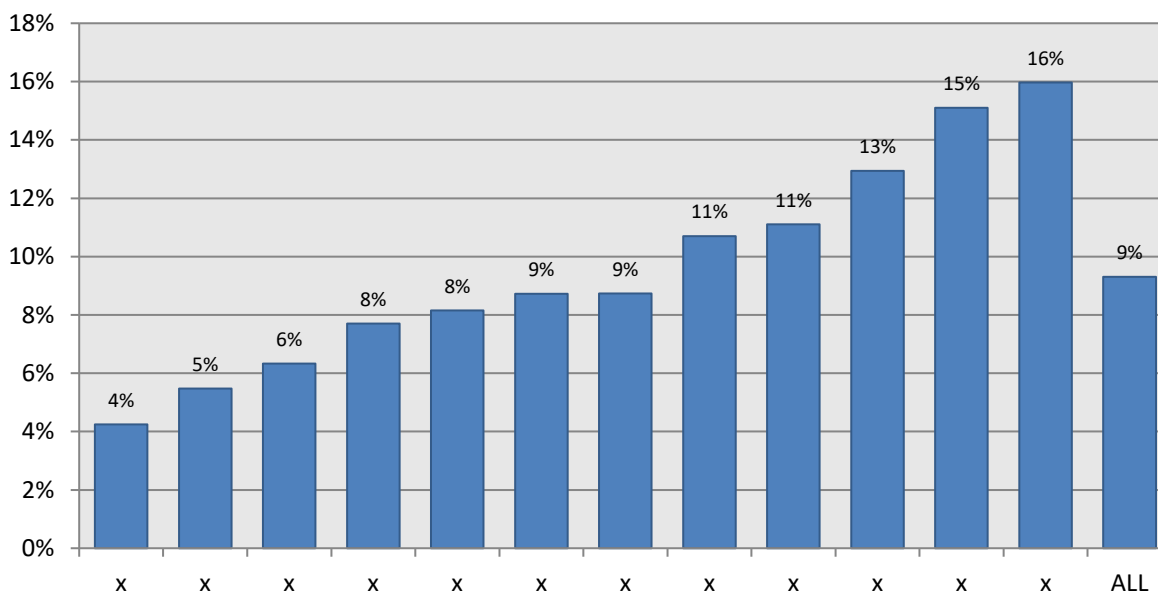


Figure 55. Absence from training sessions due to injury for Team X over the study period in comparison to all teams

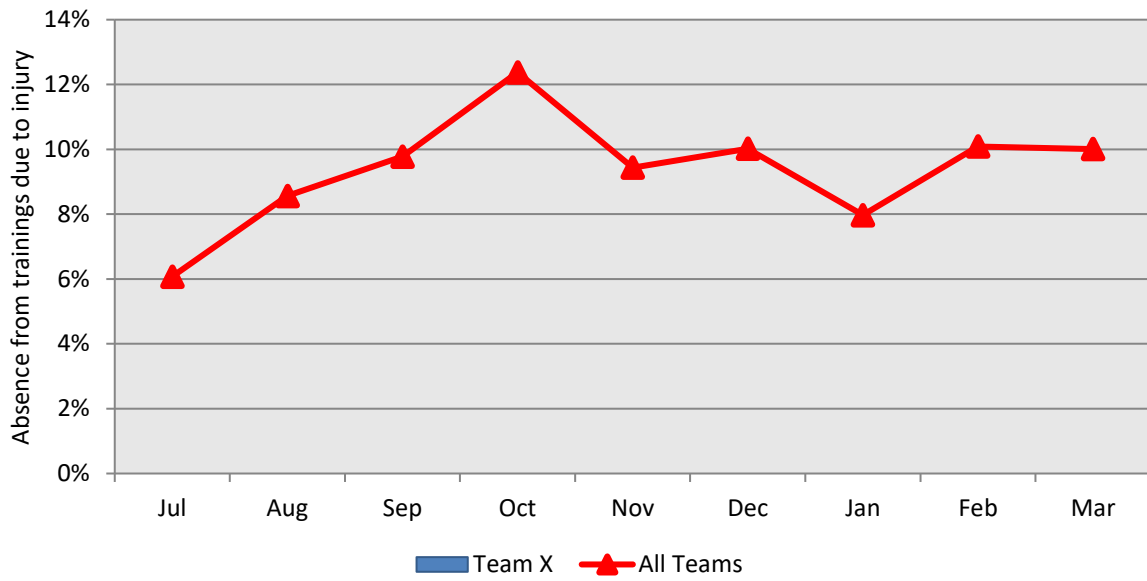


Figure 56. Absence from matches due to injury

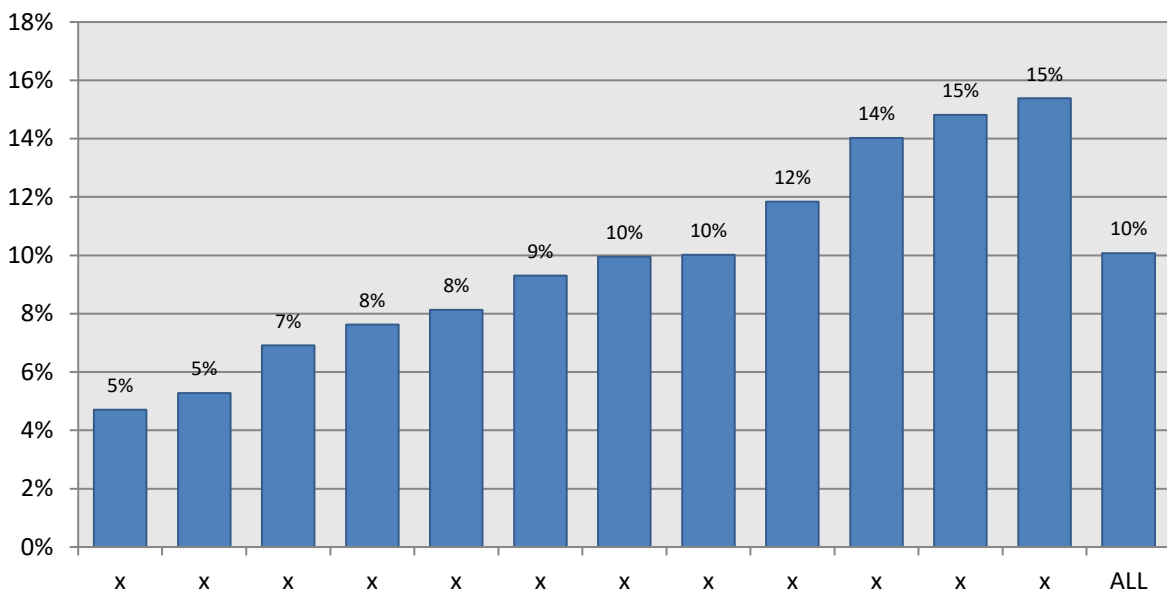
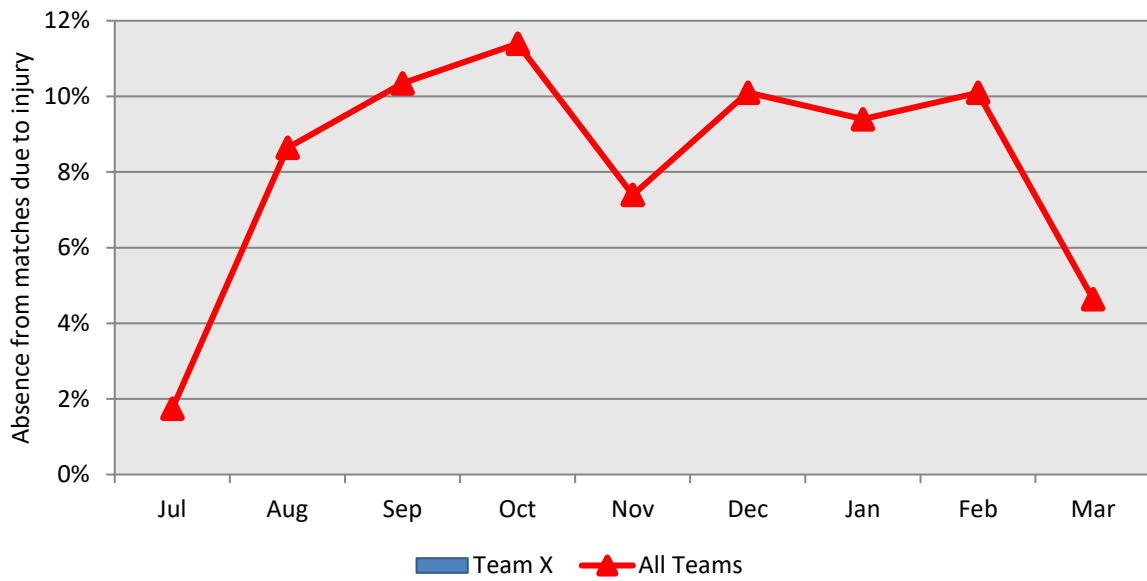


Figure 57. Absence from matches due to injury for Team X over the study period in comparison to all teams



12.3 Number of training sessions/matches missed because of injury

The consequences of injuries have also been assessed in terms of the number of training sessions and matches that players missed during the review period. On average, across all clubs, each player missed 1.5 training sessions and 0.3 matches each month because of injury. Data specific to each club is presented below.

Figure 58. Number of training sessions missed per player per month owing to injury

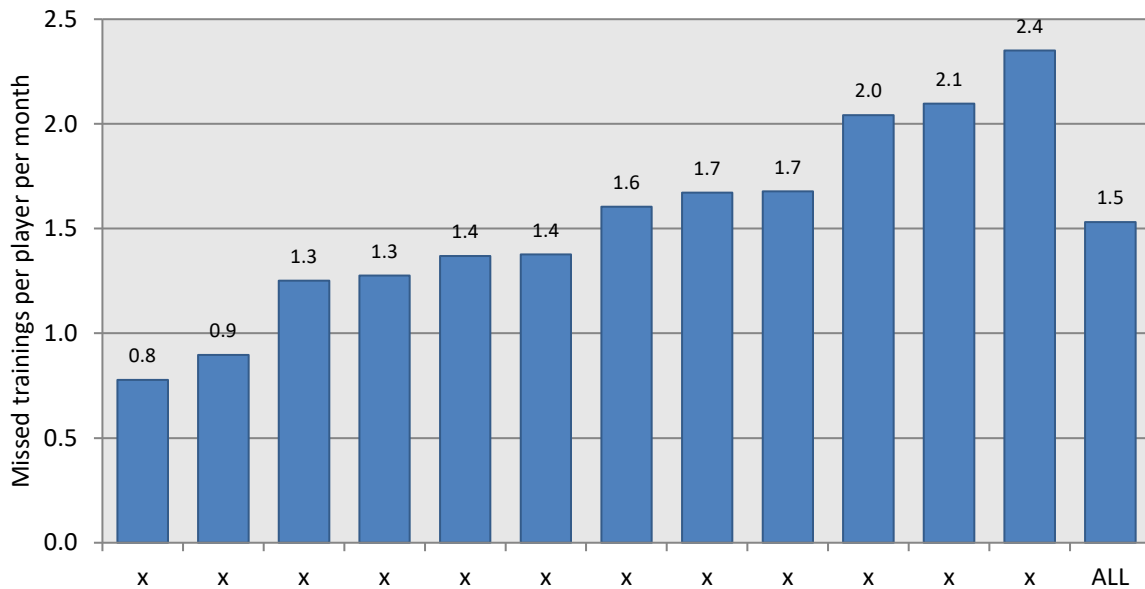


Figure 59. Number of matches missed per player per month owing to injury

