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BACKGROUND

- The national women's hockey league (NWHL) is a growing entity consisting of five teams comprised of national and international players.
- There is no existing literature reporting on the injuries most frequently sustained by these athletes.

OBJECTIVE

- The purpose of this study was to investigate the epidemiology of sports injuries in professional women's ice hockey players, with the goal of providing an evidence base for the development of:
 - Training programs focused on injury prevention
 - Educational programs for players, coaches and medical professionals caring for women's ice hockey athletes

METHODS

- Institutional Review Board- approved study
- Informed consent sought and given
- Inclusion criteria
 - Female professional ice hockey players
 - Age >18 years

METHODS

- A secure electronic database containing player-reported injury history was reviewed for players of two National Women's Hockey League (NWHL) teams prior to the start of the 2018-2019 season
- Data collected pertaining to
 - Injury location
 - Injury type
 - Treatment
- Descriptive statistics calculated

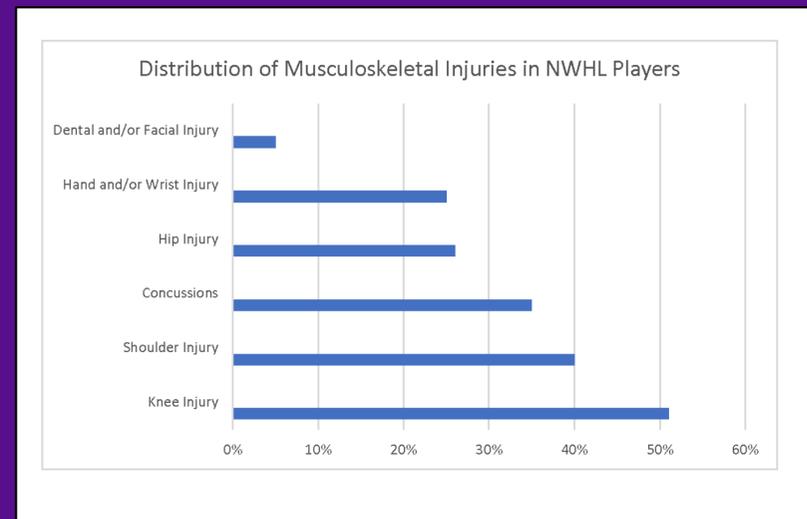


Figure 1. Distribution of MSK injuries reported by NWHL players.

RESULTS

- 35 players with complete data included in analysis
- Most common injuries reported are:
 - Knee injury (51%)
 - General sprain (27%)
 - MCL injury (33%)
 - ACL tear (22%)
 - ACL reconstruction (100%)
 - Concussion (43%)
 - Shoulder injury (40%)
 - Sprain/ strain (35%)
 - Instability (42%)
 - Surgical stabilization (33%)
 - Hip injury (26%)
 - General groin strain (55%)
 - Femoroacetabular Impingement (66%)
 - Osteocoplasty/labral repair (50%)
 - Hand / Wrist injury (25%)
 - Dental/ Facial injury (<5%)

CONCLUSIONS

- First description of injury patterns in NWHL players
- Similar patterns of injury and surgical treatment reported in elite men's players
 - Facial lacerations more common in men's game
- Provides a framework for educational and injury prevention programs

