**A PRELIMINARY INVESTIGATION OF SELF-REPORT SPORT-RELATED INJURY AMONG PEDIATRIC SOCCER ATHLETES**

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**BACKGROUND**

- Soccer enjoys the highest participation rates of all sports worldwide and over 13 million children participate in the United States. Athletes who participate in soccer are at risk for sport-related injury.
- The purpose of our study was to describe self-reported recent injury in youth soccer athletes.

**RESULTS**

- 46.4% (202/435) of the sample self-reported injury to at least one body area.
- The majority of head injuries (71.8%, 56/78) were concussions.
- Muscle strain was the most prevalent injury type for back (75.6%, 31/41), hip (55.6%, 30/54), and thigh (68.5%, 50/73).
- Respondents endorsed “other” most often for knee (28.4%, 27/95), with the majority of those noted as ACL injury (37.0%, 10/27) and patellar tracking/subluxation/dislocation (29.6%, 8/27).
- The most common lower leg injury was contusion (37%, 27/73) followed by “other” (26%, 19/73) and described as medial tibial stress syndrome (36.8%, 7/19) most often.
- Joint sprain was endorsed most often for the ankle (50.8%, 60/118). Contusions (43.8%, 32/73) were endorsed most often for the foot.
- Athletes sought care from a physician routinely for head (73.3%, 55/75), back (54.2%, 26/48), and knee (57.4%, 54/94) injuries, but less often for hip (48.2%, 27/56), thigh (21.9%, 16/73), low leg (38.4%, 28/73), ankle (44.9%, 53/118), or foot (41.9%, 31/74) injuries.
- Majority of respondents felt that they had fully recovered from their injury.

**METHODS**

- Parents and athletes were recruited via an online survey (Qualtrics) from across the United States.
- Participants included 435 pediatric soccer athletes (266 females, 160 males, 9 missing; age=14.96±1.82 years; grade=6.04±1.89 level).
- Questionnaire included participant demographics, sports participation, soccer participation history, recent (last 12 months) self-reported injury history, and level of specialization.
- Members of the PRISM sports specialization research interest group validated the survey for face validity.
- Descriptive statistics, including frequencies and percentages were reported.

**DISCUSSION & CONCLUSION**

- Our findings suggest that about one-half of youth soccer athletes self-reported injury to at least one body area in the past 12 months.
- While the majority of injuries are to the knee and ankle, muscle strains are prevalent in the back, hip, and thigh.
- Injured youth soccer athletes seek to medical care more often for head injuries and sprains, but less often for muscle strains.
- These soccer athletes tend to fully recover following their injury.

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