

In-Competition Injury Monitoring

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Injury report – EWF to IWF

EWF	EWC 07	EWC 08	EWC 09	EWC 10	EWC 11	EWC 12	Total 2007- 12
Rate	0,4%	3,3%	3,3%	5,7%	5,4%	1,1%	3,2%
n	242	271	244	196	186	275	1414
IWF	WWC 07	OG 08	WWC 09	WWC 10	WWC 11	OG 12	Total 2007- 12
Rate	2,5%	4,6%	2,7%	3,9%	2,7%	4,2%	3,4%
n	225	243	133	203	519	259	1582

*IWF data provided by Dr. B. Doerr

Injury Monitoring - anatomical regions / EWF

<i>EWF - EWC total 2007-12</i>	<i>Female</i>	<i>Male</i>	<i>Total</i>	
<i>injury - anatomical region</i>				
head	1		1	
c-spine	1		1	
hand+finger			0	
elbow	5	7	12	
shoulder	1	3	4	
back	2	4	6	
belly	1		1	
hip		2	2	
thigh		12	12	
knee		3	3	
lower limb		3	3	
foot			0	
total	11	34	45	
<i>number of competitors</i>		480	934	1414

[Elbow Injuries - Points of interest]

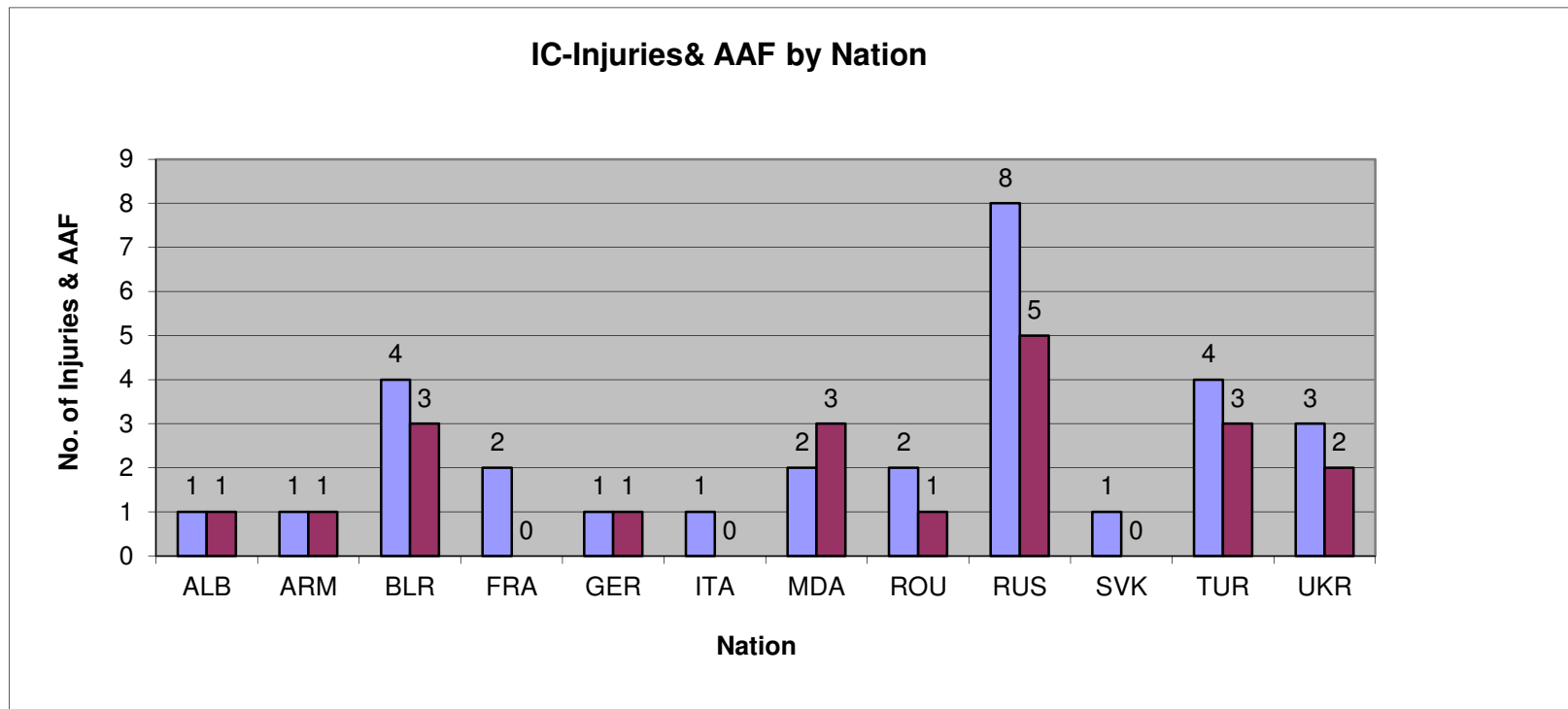
- the platform:
 - elasticity
 - vibration
- the handlebar:
 - oscillation
 - rotation
- the athlete: - anatomy
 - technical performance
 - bodyweight category



[Elbow Injuries - Answers]

- the platform: **no**
- the handlebar: **no**
- the athlete: **yes**
 - light bodyweight, anatomical pre-disposition, bad technical performance
- recommendation: more attention on technical skills in training in the light bodyweight categories, especially in females with typical anatomical pre-disposition

IC-Injuries & AAF / EWF 2008-10



Than more „cheated“ power, than less attention on technique, than more injuries?