Table 18.2 Principal diagnosis groups for sport-related injury cases: males, females and persons, Australia 2004–05

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| Principal diagnosis Males Females Persons |
| Injuries to the head 5 333 (18.4%) 1 147 (13.9%) 6 480 (17.4%) |
| Injuries to the neck | 767 (2.6%) 225 (2.7%) 992 (2.7%) |
| Injuries to the thorax | 812 (2.8%) 166 (2.0%) 978 (2.6%) |
| Injuries to the abdomen, lower back, lumbar spine and pelvis | 1 290 (4.5%) 427 (5.2%) 1 717 (4.6%) |
| Injuries to the shoulder and upper arm | 2 691 (9.3%) 603 (7.3%) 3 294 (8.8%) |
| Injuries to the elbow and forearm | 5 072 (17.5%) 1 985 (24.0%) 7 058 (18.9%) |
| Injuries to the wrist and hand | 3 583 (12.4%) 598 (7.2%) 4 181 (11.2%) |
| Injuries to the hip and thigh | 859 (3.0%) 289 (3.5%) 1 148 (3.1%) |
| Injuries to the knee and lower leg | 6 980 (24.1%) 2 331 (28.2%) 9 311 (25.0%) |
| Injuries to the ankle and foot | 832 (2.9%) 246 (3.0%) 1 078 (2.9%) |
| Injuries involving multiple body regions | – (0.1%) – (0.0%) 18 (0.0%) |
| Injuries to unspeciﬁed parts of the trunk, limb or body region | 101 (0.3%) 26 (0.3%) 127 (0.3%) |
| Eﬀects of a foreign body entering through a natural oriﬁce | – (0.1%) – (0.0%) 19 (0.1%) |
| Burns | – (0.1%) – (0.0%) 37 (0.1%) |
| Frostbite | 20 (0.1%) 11 (0.1%) 31 (0.1%) |
| Poisoning by drugs, medicaments and biological substances | 9 (0.0%) 5 (0.1%) 14 (0.0%) |
| Toxic eﬀects of non-medical substances | 86 (0.3%) 49 (0.6%) 135 (0.4%) |
| Other and unspeciﬁed eﬀects of external causes | 401 (1.4%) 150 (1.8%) 551 (1.5%) |
| Certain early complications of trauma | 76 (0.3%) 8 (0.1%) 84 (0.2%) |
| Total | 28 977 8 275 37 253 |

Source: C Bradley and J Harrison, ‘Hospital Separations Due to Injury and Poisoning, Australia 2004–05’, Injury Research and Statistics

Series no. 47, Australian Institute of Health and Welfare, Canberra

practical application

Physical preparation

1 a Using the information in Table 18.2, identify the three body regions that most sporting injuries occurred to.

b For the three body regions identiﬁed, discuss the speciﬁc physical preparation strategies that could prevent injuries occurring in these body regions.

PDHPE Application and Inquiry

c For the three body regions identiﬁed, describe any strategies used in various sports that are designed to prevent injury occurring in these body regions.

2 Select a sport/activity and, in small groups, design and perform a warm-up and cool-down appropriate to the needs of that sport/activity. It must follow the format discussed earlier in this chapter and include stretching exercises and speciﬁc drills.

318