

Functional Rehabilitation of Sports Injuries – Table 1

TABLE 1. Average annual national estimates of the number of injuries and athlete-exposures, and estimated injury rates, by championship sports (adapted from National Collegiate Athletic Association Injury Surveillance Program, United States, 5 academic years, 2009–10 through 2013–14)

Season/Sport	Event	Average annual national estimate of no. of injuries	Average annual national estimate of no. of athlete-exposures	Estimated injury rate per 1,000 athlete-exposures (95% CI)
All sports	Competition	76,176	6,472,952	6.0 (5.9–6.0)
	Practice	134,498	28,860,299	
	Overall*	210,674	35,333,250	
All men's sports	Competition	51,172	3,387,741	6.5 (6.4–6.6)
	Practice	78,829	16,530,517	
	Overall	130,000	19,918,258	
All women's sports	Competition	25,004	3,085,210	5.2 (5.1–5.4)
	Practice	55,670	12,329,782	
	Overall	80,674	15,414,992	
Men's football	Competition	19,982	500,698	9.2 (9.0–9.4)
	Practice	27,217	4,653,357	
	Overall	47,199	5,154,055	
Women's field hockey	Competition	642	61,240	6.5 (5.8–7.1)
	Practice	888	174,943	
	Overall	1,530	236,183	
Men's soccer	Competition	6,458	360,880	8.0 (7.5–8.4)
	Practice	6,977	1,323,974	
	Overall	13,435	1,684,854	
Women's soccer	Competition	7,434	432,347	8.4 (8.0–8.8)
	Practice	7,679	1,367,650	
	Overall	15,113	1,799,997	

Abbreviation: CI = confidence interval.

* Sums of competition and practice values do not equal overall values because of rounding.