

Injuries Acquired in One Season by a Minor League Professional Hockey Team

Krista Maier DO

James Bohan MD, Dylan Kellogg MD

Background

There is extensive information on youth hockey injuries, primarily internationally, however little information on the exact incidence and type of injuries in minor league professional hockey in America. The goal of this study is to analyze the incidence, type, mechanism and severity of injuries in one season of men's minor league professional hockey games.

Introduction

Most studies have found that lacerations, concussions, shoulder sprain/dislocation, and knee sprain were the most common injuries, and increase in contact leads to increase in injuries. Mechanisms of injuries in prior studies were largely body checking, and stick and puck contact. It is expected that we will have similar findings, however this league does have more contact, so a greater proportion of injuries per player is expected.

Purpose

Through prospective chart review, incidence, type, mechanism and severity of ice hockey injuries in one season of men's minor league professional hockey games will be obtained in order to prepare future physicians covering games.

Methods

Charts from the 2019-2020 season will be reviewed and analyzed for incidence, type, mechanism and severity of injuries, which required immediate physician evaluation. Charts were initially created to properly document injuries and treatment of players, and to communicate injuries of players more effectively to physicians covering games in alteration.

- Asplund, C, et al. "Facial Protection and Head Injuries in Ice Hockey: a Systematic Review." *British Journal of Sports Medicine*, vol. 43, no. 13, 2009, pp. 993–999., doi:10.1136/bjsm.2009.060152
- Castaldi, Cr, et al. "Injury Rates in Amateur, College, and Professional Hockey." *Safety in Ice Hockey*, doi:10.1520/stp24031s.
- Cusimano, Michael D., et al. "Aggression, Violence and Injury in Minor League Ice Hockey: Avenues for Prevention of Injury." *Plos One*, vol. 11, no. 6, 2016, doi:10.1371/journal.pone.0156683.
- Emery, Carolyn A., and Willem H. Meeuwisse. "Injury Rates, Risk Factors, and Mechanisms of Injury in Minor Hockey." *The American Journal of Sports Medicine*, vol. 34, no. 12, 2006, pp. 1960–1969., doi:10.1177/0363546506290061.
- Hostetler, S. G., et al. "Characteristics of Ice Hockey-Related Injuries Treated in US Emergency Departments, 2001-2002." *Pediatrics*, vol. 114, no. 6, 2004, doi:10.1542/peds.2004-1565.

For additional information please contact:
Krista Maier, kmaier@arnothealth.org

- Macpherson, A. "Body-Checking Rules and Childhood Injuries in Ice Hockey." *Pediatrics*, vol. 117, no. 2, 2006, doi:10.1542/peds.2005-1163.
- Mölsä, Jouko, et al. "Injury Profile in Ice Hockey from the 1970s through the 1990s in Finland." *The American Journal of Sports Medicine*, vol. 28, no. 3, 2000, pp. 322–327., doi:10.1177/03635465000280030701.
- Tuominen, Markku, et al. "Injuries in Men's International Ice Hockey: a 7-Year Study of the International Ice Hockey Federation Adult World Championship Tournaments and Olympic Winter Games." *British Journal of Sports Medicine*, vol. 49, no. 1, 2014, pp. 30–36., doi:10.1136/bjsports-2014-093688.
- Wattie, N., et al. "Injuries in Canadian Youth Ice Hockey: The Influence of Relative Age." *Pediatrics*, vol. 120, no. 1, 2007, pp. 142–148., doi:10.1542/peds.2006-2672.