IPC Alpine Ski Injury Survey

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Team Meeting
IPC Alpine Ski European Series Event
Pitztal, Austria
The International Paralympic Committee (IPC)

- Global governing body of the Paralympic Movement.
- Organizes the Summer and Winter Paralympic Games.
- Serves as the International Federation for IPC Alpine Skiing, for which it supervises and co-ordinates the World Championships and other competitions.
Wintersports Injury Survey

• Salt Lake City 2002 Paralympic Winter Games

• Torino 2006 Paralympic Winter Games
  Webborn, N., Willick, S,
Sports Injury Surveillance

Establishing the extend of the problem:
- incidence
- severity

Assess the effectiveness of the intervention

Establishing the aetiology and mechanism of the sports injury

Introducing a preventive measure
Sports Injury Survey

Athlete Data
- age
- gender
- sport
- classification

Medical Encounter Form
- diagnosis
- imaging
- immediate injury result

Race Analysis
- mechanism of injury
- equipment

Photos: Lieven Coudenys
Salt Lake City 2002

Number of Injuries by Sport

(39 injuries/416 athletes)

61% Alpine Skiing
10% Nordic Skiing
29% Sledge Hockey
Salt Lake City 2002

Acute Traumatic versus Overuse Injuries, by Sport

- Alpine Skiing: 91% (Trauma), 9% (Overuse)
- Nordic Skiing: 50% (Trauma), 50% (Overuse)
- Sledge Hockey: 83% (Trauma), 17% (Overuse)
Salt Lake City 2002

Injury Onset by Activity

- Competition: 39%
- Non-sport: 5%
- Pre-existing - sport: 15%
- Pre-existing - non-sport: 2%
- Training: 39%
Sports Injury Survey
Injury Survey
Sports Injury Survey
Salt Lake City 2002 -> Torino 2006

Bar chart showing the comparison of trauma and overuse in Alpine Skiing, Nordic Skiing, and Ice Sledge Hockey between 2002 and 2006.

- Alpine Skiing: 2002 vs. 2006
- Nordic Skiing: 2002 vs. 2006
- Ice Sledge Hockey: 2002 vs. 2006

The chart indicates a decline in trauma and an increase in overuse from 2002 to 2006 across all three sports.
Value of Sports Injury Survey

2002

2006
Value of Sports Injury Survey
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• FIS Injury Survey modified for IPC Alpine Ski use

• Systematic Injury Reporting over competition and training

• Scientific Study: IPC AS Injury Survey
  - Investigators
    • Webborn, N., Member IPC Sports Science Committee
    • Van de Vliet, P., IPC Medical & Scientific Director
    • Mestre, S., Chairperson IPC STC Alpine Ski
  - Approved by IPC Sports Science Committee
IPC Alpine Ski Injury Survey
2008 ->

ALPINE SKIING INJURY REPORT
Verletzungsmeldung / Rapport de Blessure

Please send this injury report as soon as possible to/Bitte schicken Sie diese Verletzungsmeldung so rasch als möglich an/ Veuillez envoyer ce rapport de blessure le plus vite possible à:

International Paralympic Committee
Adenauerallee 212-214, 53113 Bonn, Germany
Fax +49-228-2977-209
E-mail: ipcalpineskiing@paralympic.org

All injuries that occur during training or competition and require attention by medical personnel should be reported.

Alle Verletzungen, die während des offiziellen Trainings oder des Wettkampfes auftreten und Beteiligung durch medizinisches Personal erfordern, sollten gemeldet werden. Toutes les blessures qui se produisent pendant l'entraînement ou la compétition et qui nécessitent l'attention du personnel médical doivent être raportées.

To be completed in collaboration with event or team medical staff (if possible). Bitte in Zusammenarbeit mit den medizinisch Verantwortlichen der Veranstaltung oder des Teams ausfüllen (wenn möglich). Svp remplir en collaboration avec le personnel médical de l'événement ou de l'équipe (si possible).

Injuries occurring during warmup, freestyle, or between runs need to be recorded. Verletzungen die während des Aufwärmens, bei freien Skifahrten oder zwischen zwei Läufen passieren müssen. JA gemeldet werden.

Des blessures se produisant pendant l'entraînement, le ski libre ou entre les manches/runs ont besoin d'être enregistrés.
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- Type of injury
  - Fracture, contusion, strain, overuse, ...

- Body part(s) involved

- Equipment involved

- Injury circumstances
  - Competition vs training
  - Snow / weather conditions

- Medical information
  - Diagnostics, X-ray, scans

- Video Footage
IPC Alpine Ski Injury Survey 2008 ->

- Annual reporting of statistics
- Rule changes / Equipment recommendations
- Vancouver 2010 Paralympic Winter Games Injury Survey
IPC Alpine Ski Injury Survey 2008 ->

• The survey can be found on www.paralympic.org -> winter sports -> IPC Alpine Ski

• Submit injury reports to: ipcalpineskiing@paralympic.org

• Questions & Information
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