traumatologia i medicina d'esports d'hivern

Dr. Aleix Vidal i col·laboradors

Securing the Future for Young Para-Athletes

VISTA Conference
IPC Sports Science Committee

Dr. Aleix Vidal

Girona, October 2015




A Comparison Study of Young Para-Athletes & Non Impaired Population in Snow Sport Related Injuries.







Hypothesis:

Snow Sport Injuries are related to Sport Speciality, Age, Gender and Training in both non-Impaired and Impaired Population




The History of Ski

1.- Norse mythology: first skis appeared in Swedish and Finnish swamps, 4000-5000 years ago.

2.- Greek historians speak of skins and long shoes for movement through the snow

3.- Norwegian painting of prince Häkon being taken to safety in Osterdalen from Lillehammer in 1206.

The History of Ski

- **1850-1860**: First Ski Races in the province of Telemark (Norway)

- **1868**: Sondre Norheim creates the Sidecut Skis (narrower underfoot)

- **1880**: Norway, first ski made from Hickory wood, more flexible and resistant.

The History of Ski

- **1887**: Norwegian immigrants settle in Wisconsin and Minnesota (USA)
- **1905**: A French army Alpine Unit, produces the first series of Telemark style skis in Briançon, France.
- **1928:** Rudolph Lettner of Salzburg (Austria) introduces the Segmented Steel Edge

The History of Ski

- **1924**: Winter Olympic Games in Chamonix (France).

- **1936**, the Games were interrupted by World War II.

The History of Ski

- **1932: Norway** the Tri-laminate Ski was invented, by Bjørn Ullevoldsaeter and simultaneously George Aaland developed it in USA.

- **1937: England**. R.E.D. Clark of Cambridge,developed the Aerolite Adhesive.

- **1944: France**. The first plastic cellulose, Cellulix, was made for “Dynamic” skis.

The History of Ski

- **1955: Austria**. A polyethylene base is first introduced by Kofler. “Kofix” proves to be smooth enough for all snow, eliminating the need for wax while allowing repair minor cracks and holes.

- **1970s**: Major progress in the development of plastics. Fiberglass proves to be efficient but is expensive. Manufacturers start mixing small amounts of Kevlar, Carbon fiber, Ceramic fiber and other high-strength materials with Fiberglass

The History of Ski

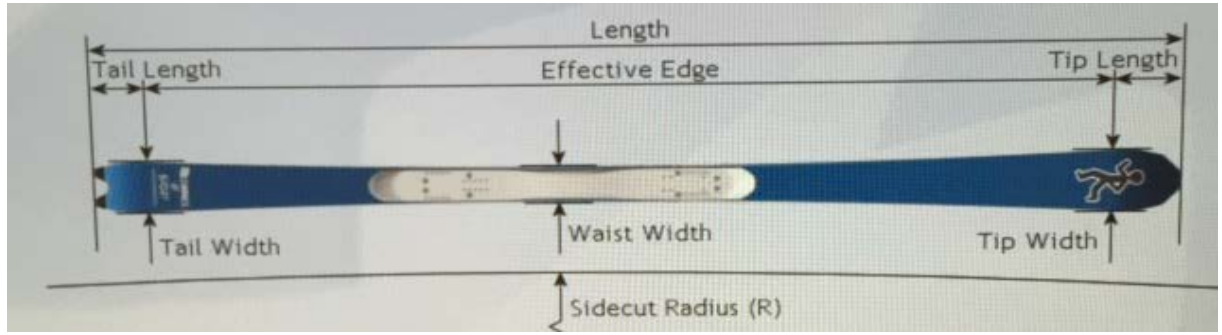
- **1976**: First Winter Paralympics Winter Games in Örnsköldsvik (Sweden).

- **1992**: Winter Paralympics were the first Winter Games to use the same facilities as the Winter Olympics.

The History of Ski

- **1989:** Manufacturing of Carbon Fiber skis (David Goode).

- **1990:** Elan and Kneissl build prototypes of skis with different geometry, leading to the generation of current carving or parabolic skis.




1957


SERVICIO MEDICO
1970


2015

Baqueira-Beret Ski Resort


Baqueira-Beret Ski Resort

Baqueira Beret Ski Resort

Main data from last 23 ski seasons

Data

1992 to 2015

58.142 snow sport lesions have been treated at Centre Mèdic Baqueira.

Injuries per season

All Injuries (visitors and ratio per thousand)

- 92/93 ... 506.000 visitors — 3.54 / thousand
- 93/94 ... 551.192 visitors — 3.45 / thousand
- 94/95 ... 596.389 visitors — 3.18 / thousand
- 95/96 ... 609.271 visitors — 2.62 / thousand
- 96/97 ... 508.295 visitors — 3.01 / thousand
- 97/98 ... 650.363 visitors — 3.49 / thousand
- 98/99 ... 771.287 visitors — 3.57 / thousand
- 99/00 ... 864.188 visitors — 3.52 / thousand
- 00/01 ... 537.652 visitors — 3.92 / thousand
- 01/02 ... 830.927 visitors — 3.52 / thousand
- 02/03 ... 788.827 visitors — 3.57 / thousand

Injuries per season

All Injuries (visitors and ratio per thousand)

- 03/04 ... 771.770 visitors 3.41 / thousand
- 04/05 ... 907.310 visitors 3.32 / thousand
- 05/06 ... 894.172 visitors 3.64 / thousand
- 06/07 ... 558.180 visitors 4.02 / thousand
- 07/08 ... 750.499 visitors 4.20 / thousand
- 08/09 ... 812.336 visitors 3.42 /thousand
- 09/10 ... 767.951 visitors 3.17 /thousand
- 10/11 ... 776.274 visitors 4.17 /thousand
- 11/12 ... 765.191 visitors 3.64 /thousand
- 12/13 ... 784.339 visitors 3.48 /thousand
- 13/14 ... 772.555 visitors 3.03 /thousand
- 14/15 ... 793.822 visitors 3.17 /thousand

Injuries per season

Statistics

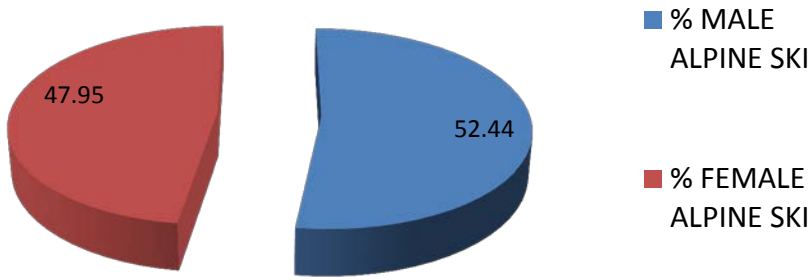
Data

- **Ski: 2,4** per thousand ski days
- **Snowboard: 5,3** per thousand ski days

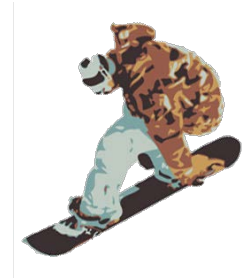
Probability of injuries

Distribution by gender

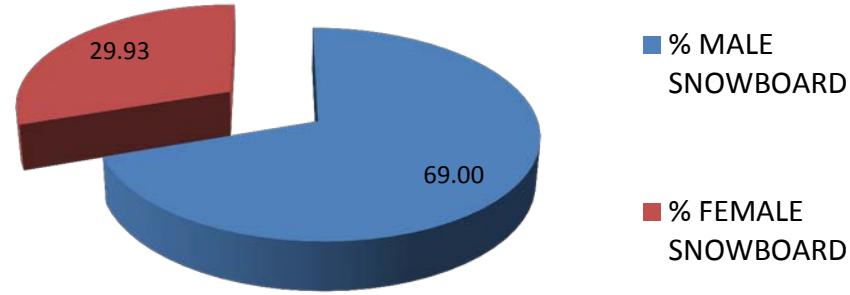
ALPINE SKI INJURIES BY GENDER



Mean Age: 33



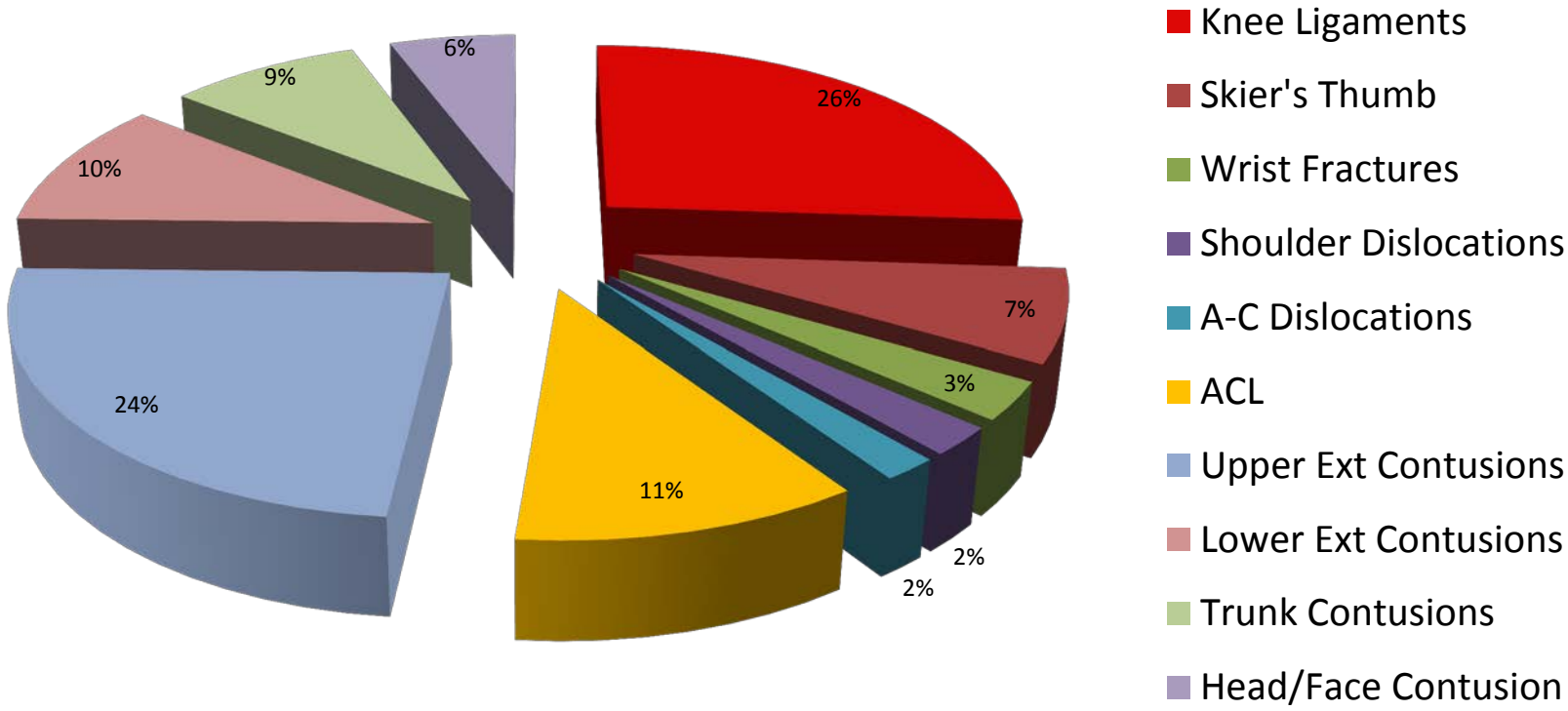
SNOWBOARD INJURIES BY GENDER



Mean Age: 26

Types of Injuries

Ski – Most common injuries

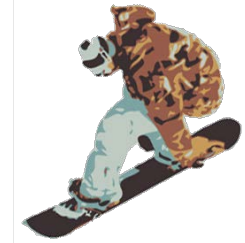


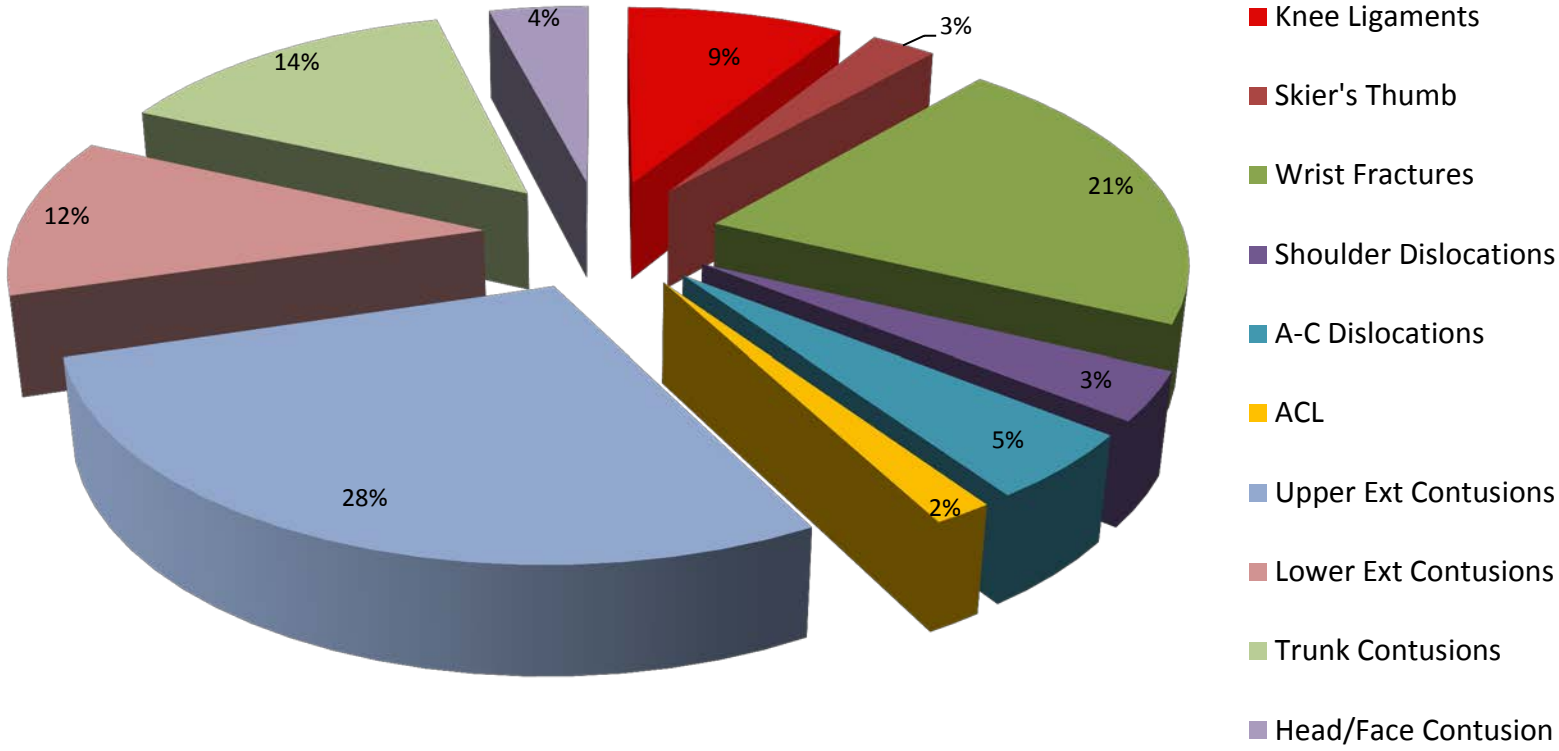
In Downhill Skiing, 2 pathologies accumulate 51% of total injuries:

- Knee ligaments (including ACL)
- Upper Extremity Contusions

Types of Injuries

Snowboard – Most common injuries



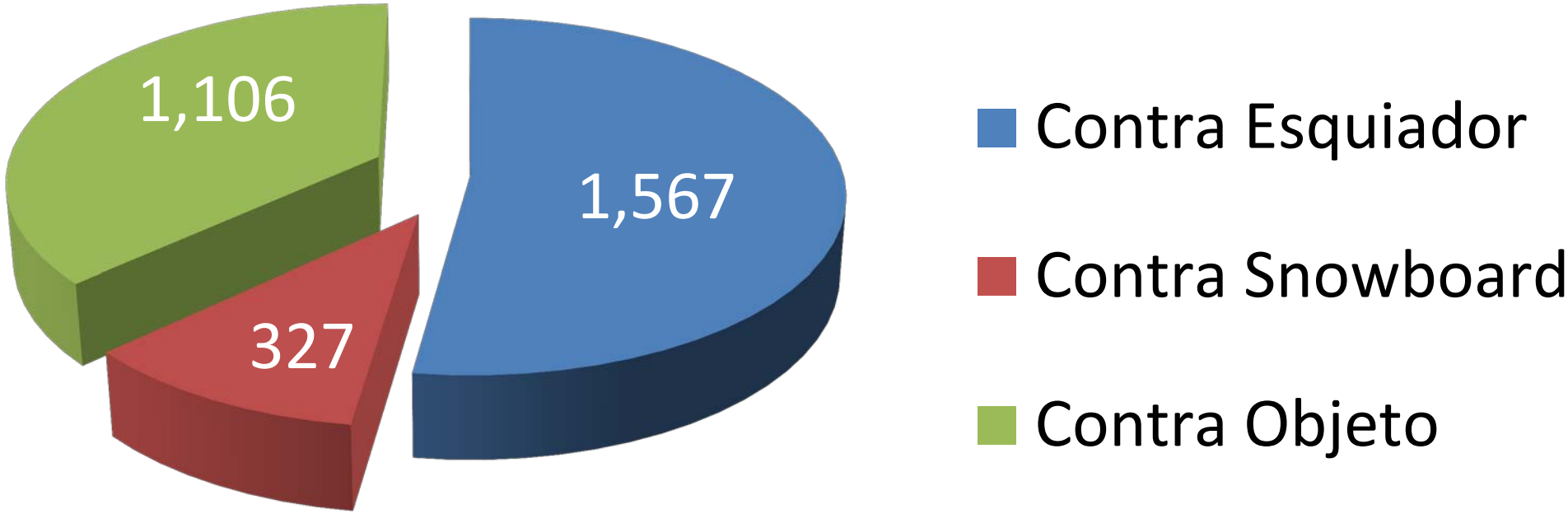


In Snowboard, 2 pathologies accumulate 49% of total injuries:

- Upper Extremity Contusions
- Wrist Fractures

Collisions

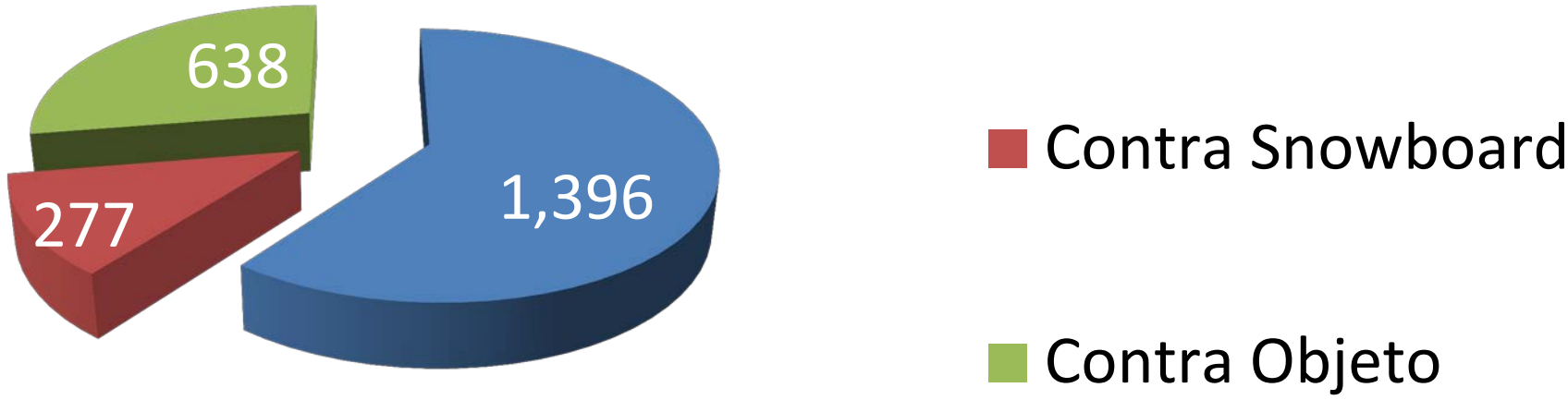
3.000 Collisions registered since year 2000



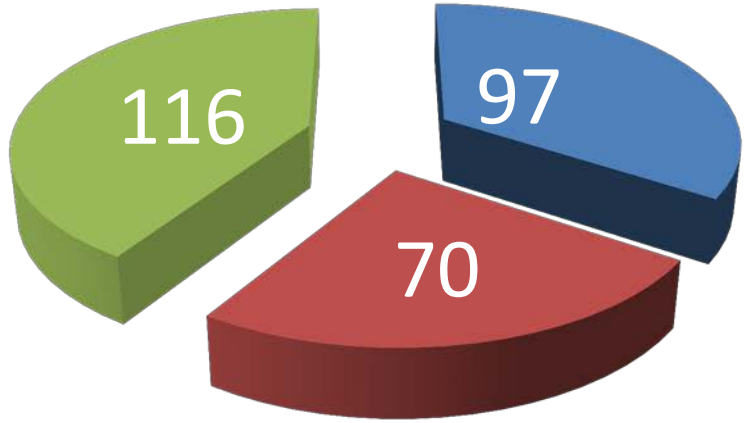
40.312 injuries registered (33.194 Ski & 7.118 Snowboard)

Represents **5.73%** of injuries related to collisions

Down Hill Ski Collisions



Snowboard Collisions



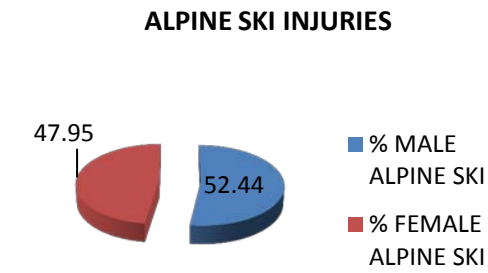


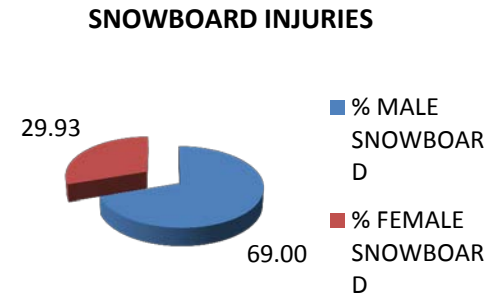

Hypothesis:

Snow Sport Injuries are related to Sport Speciality, Age, Gender and Training both non-Impaired and Impaired Population




- Sport Speciality Yes
- Age Yes
- Gender Yes
- Training ?





How do we know that Training affects in some way the Incidence of Snow Sport Injuries

Two Scientific Societies in the World are dedicated to Snow Sport Injuries Prevention.-

ISSS (**I**nternational **S**ociety for **S**kiing **S**afety)

SITEMSH (**S**oc. **I**ntern. **T**raumatol. et **M**edic...)

S.I.T.E.M.S.H

SITEMSH

S.I.T.E.M.S.H

Société Internationale de Traumatologie et Médicine des Sports d'Hiver

Società Internazionale di Traumatologia e Medicina degli Sport Invernali

Internationale Gesellschaft fur Ski-Traumatologie Und Wintersportmedizin

The oldest European Scientific Society concerned with Treatment and Prevention of Winter Sport Pathologies

SITEMSH

S.I.T.E.M.S.H

In the ‘50s a group of Trauma surgeons from Alpine Countries began to Observe, Collect and Study ski injuries.

SITEMSH

Société Internationale de Traumatologie
et Médecine des Sports d'Hiver

They decided to meet every two years in order to

- *collect* ***epidemiology data***,
- analize ***equipment improvement***
- and ***injury treatment***

1st SITEMSH Meeting
1954. Chambéry-Courchevel

S.I.T.E.M.S.H

SOCIÉTÉ SAVOYARDE DES SCIENCES MÉDICALES
SECTION DE CHAMBÉRY

Président : Dr P. ROBERT

Journées Internationales de Traumatologie du Ski

CHAMBÉRY . COURCHEVEL 4, 5, 6 Mai 1954

Président d'Honneur : Pr R. DANIS (Bruxelles)

Président : Pr M. GUILLEMINET (Lyon)

ENTORSES DU GENOU

par MM. Jean et Robert JUDET

2º) Lorsqu'il existe des LESIONS ASSOCIEES DES LIGAMENTS CROISES, les procédés opératoires ne nous ont pas donné des résultats supérieurs à l'immobilisation plâtrée simple.

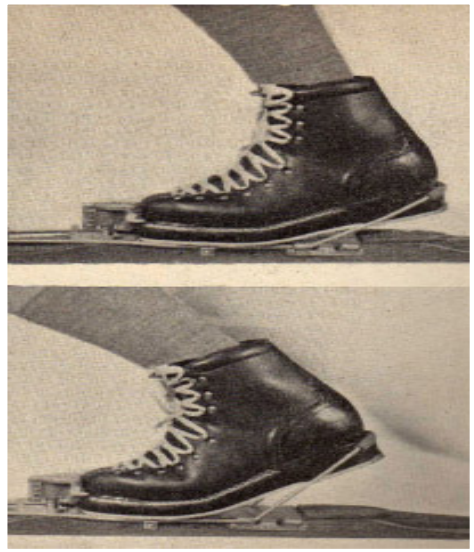
3º) ENTORSES DU GENOU ET LESIONS DES MENISQUES.

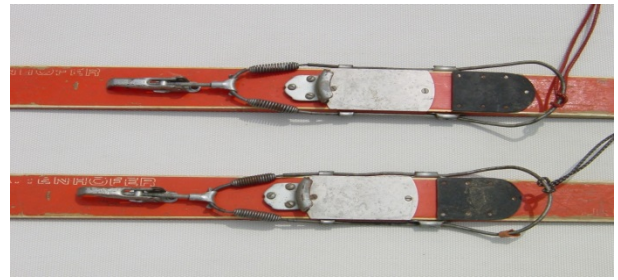
D'après nos constatations, les lésions des ménisques associées aux entorses du genou et particulièrement du ligament latéral interne, sont d'une grande fréquence.

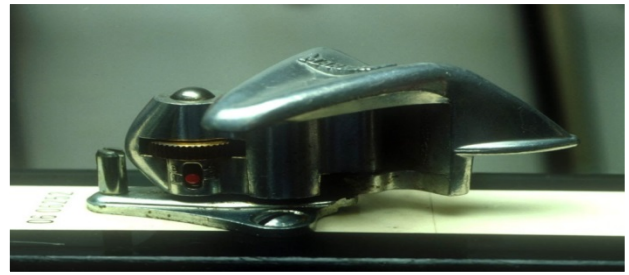
Ligament injuries in the Knee and Tibia Fractures, were the more common diagnosis.

1958 Davos SITEMSH meeting

S.I.T.E.M.S.H







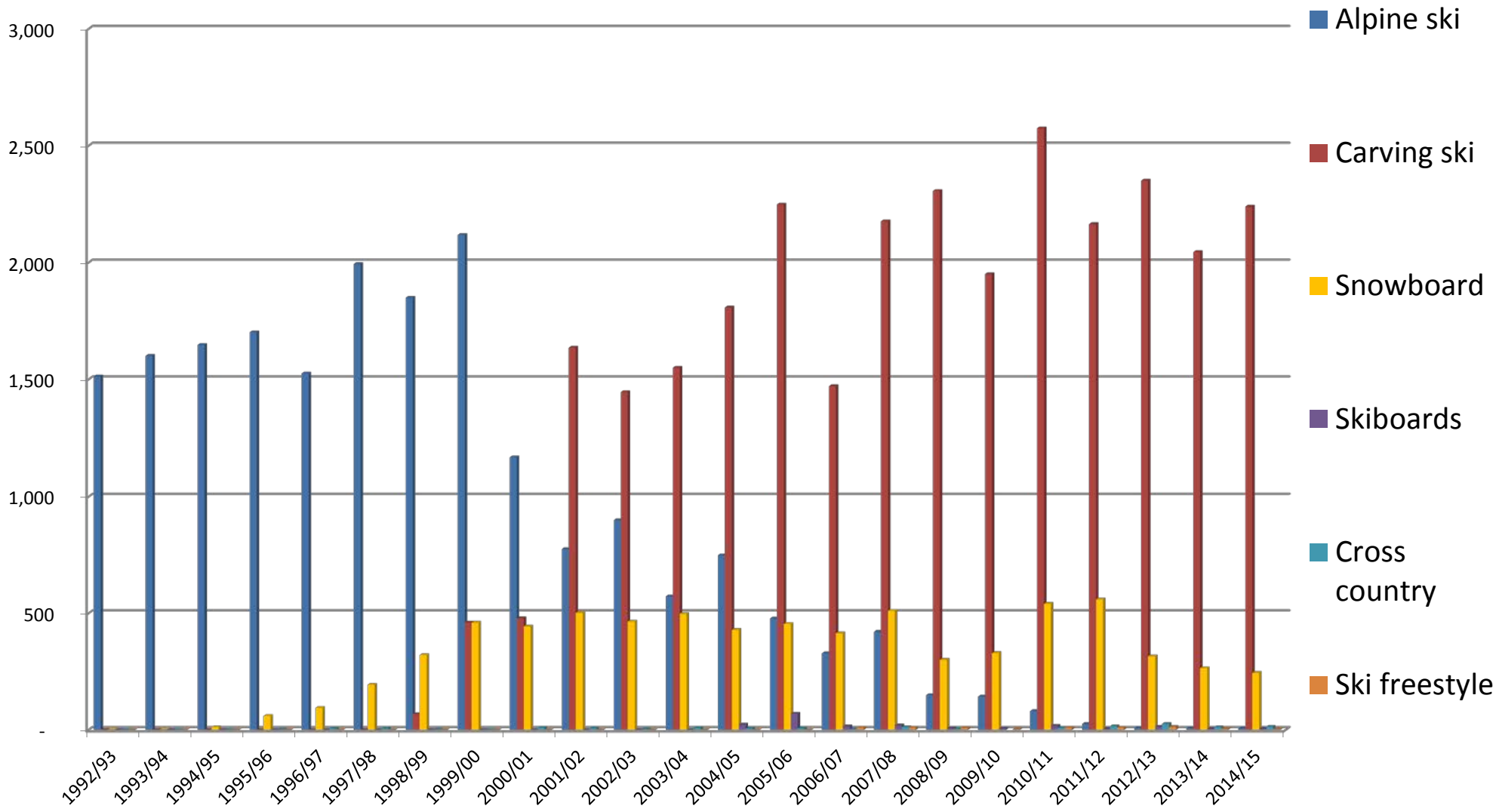
Test models for torsional stresses on the Tibia were presented.

Safety binding brought a great improvement for Tibia Fracture Prevention.

Evolution

Prevention

Speciality Related Injuries



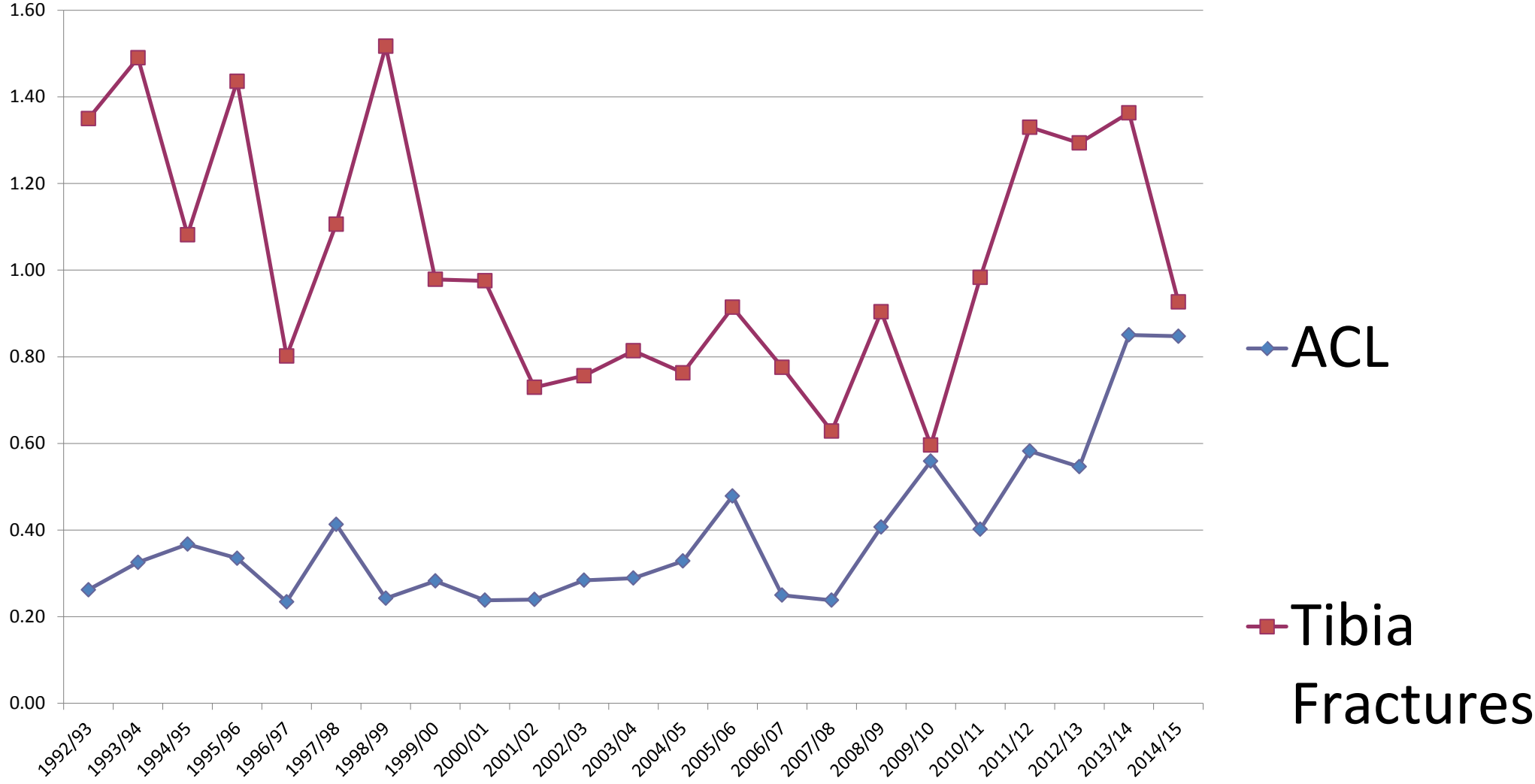
How do we know that Evolution and Technology affects in some way the Incidence of Snow Sport Injuries

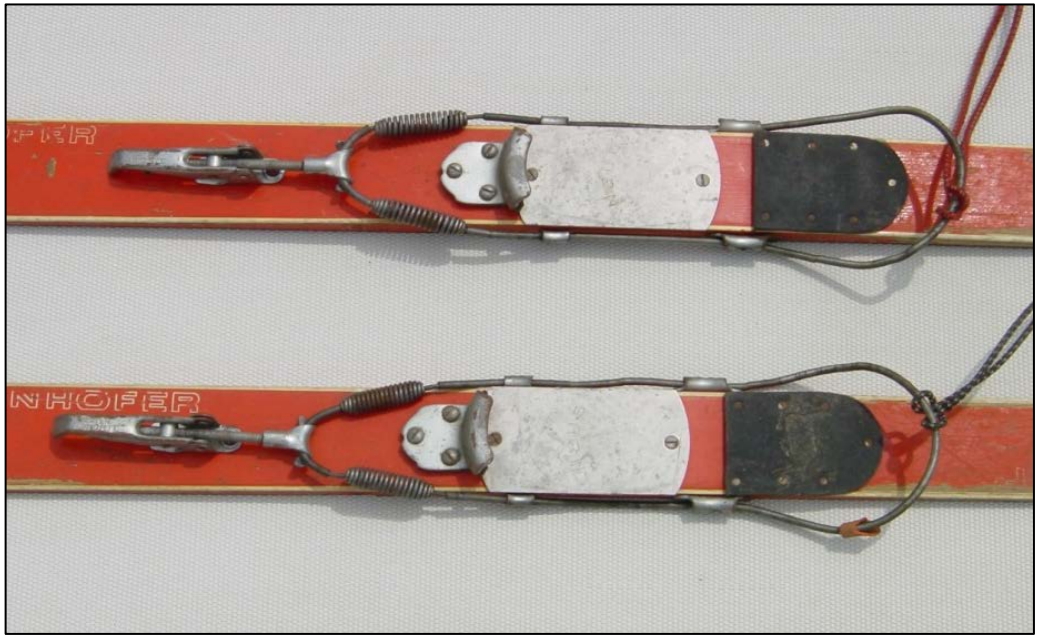



Lets take a look in the Evolution of Four Diagnosis we have been following for 23 consecutive seasons:

Anterior Cruciate Ligament in the Knee
Tibia Fractures
Skier's Thumb
Head Trauma

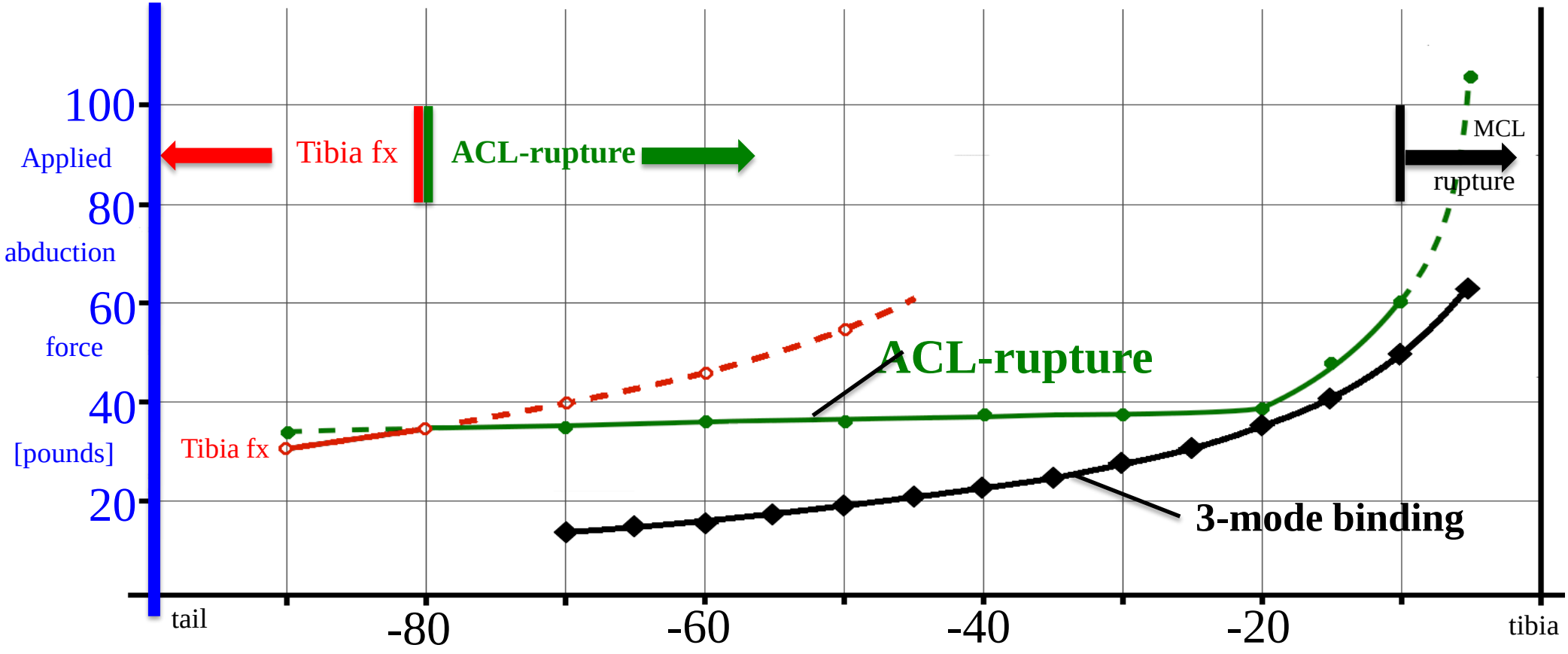
Evolution of Injuries: Ant.Cr.Lig. / Lower Extremity Fractures





Evolution → **Prevention**

Peak forces at 3-mode ski-binding release



Positions of applied abduction-forces on ski. [cm]

Rick Howell
Stowe, Vermont USA

Data generated by Howell experimental tests.

Anterior Cruciate Ligament

"Competitive alpine skiing is considered to be a sport with a high injury risk. Injury rates per competition season and **per 100 World Cup (WC) athletes were reported to be 36.7, with the knee being the most frequently affected body part.**

"The injury rate was highest for giant slalom,

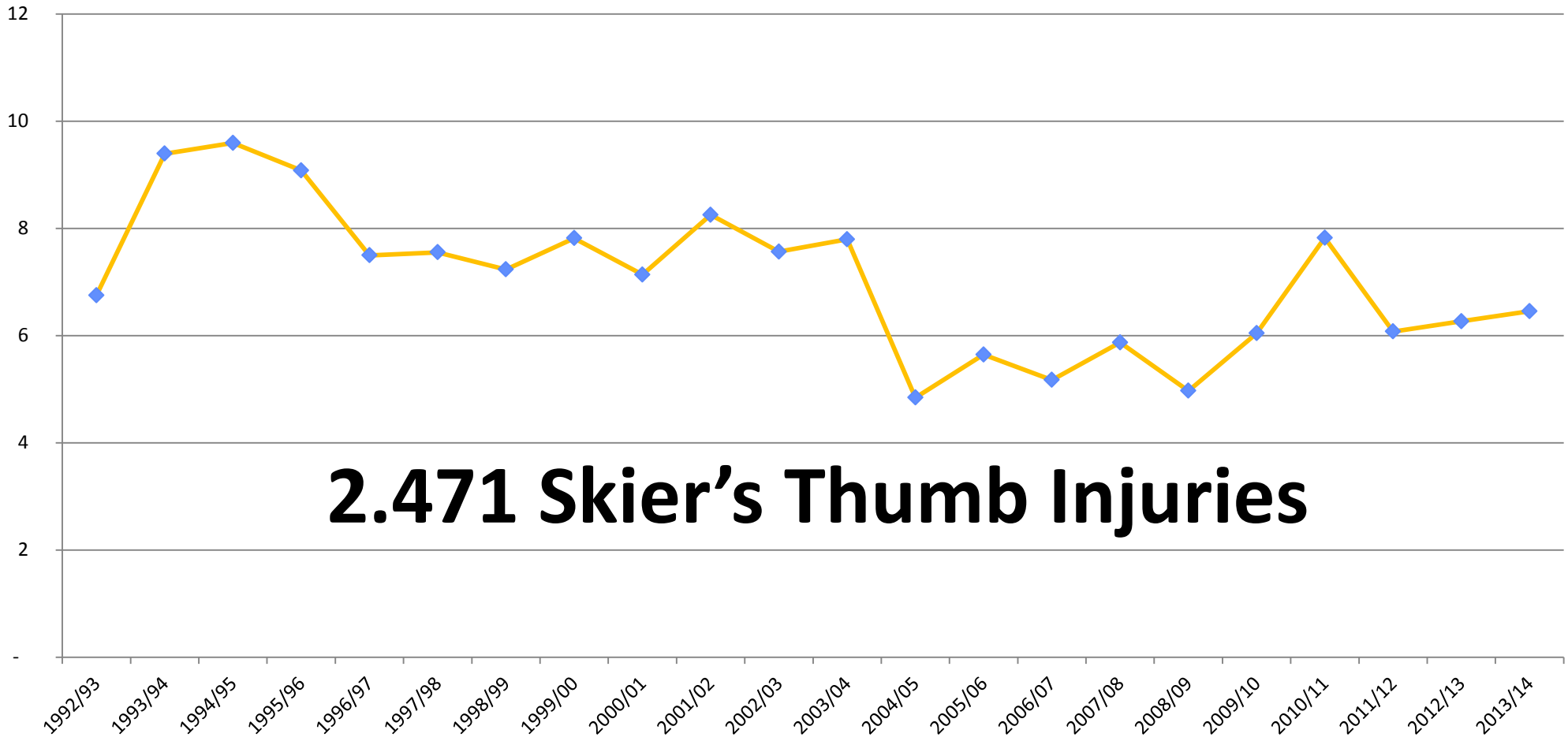
3-mode binding, additional lateral heel release.

Prevention ? …In the process of investigation

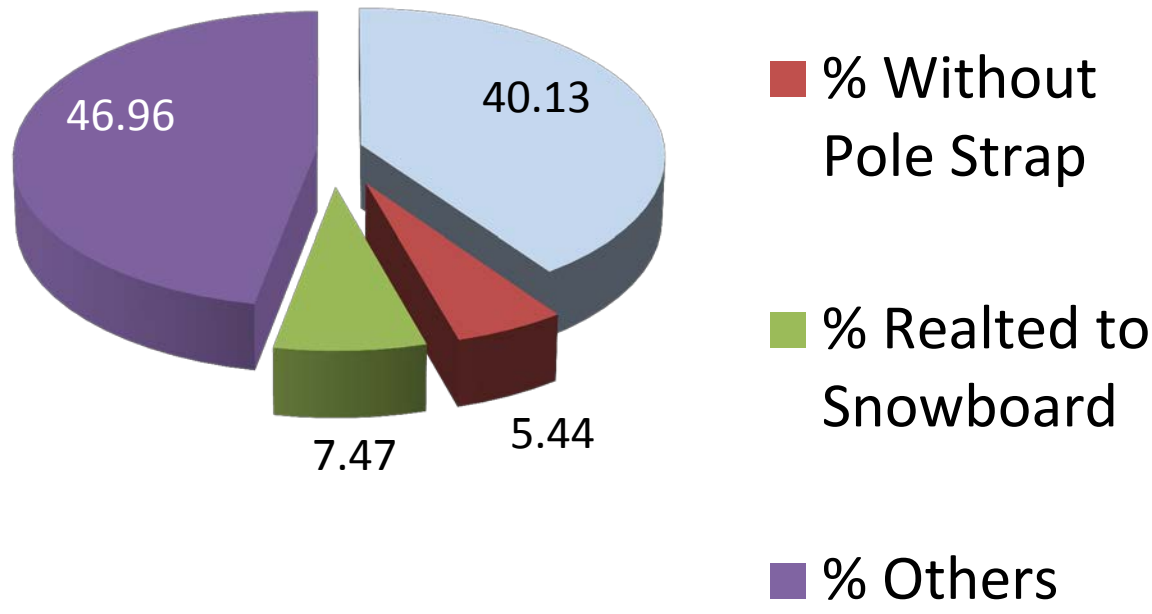
Skier's Thumb

Petitpierre M: Die Wintersportverietzungen. Stutgart,F.Enke Verlag, p.51. 1939

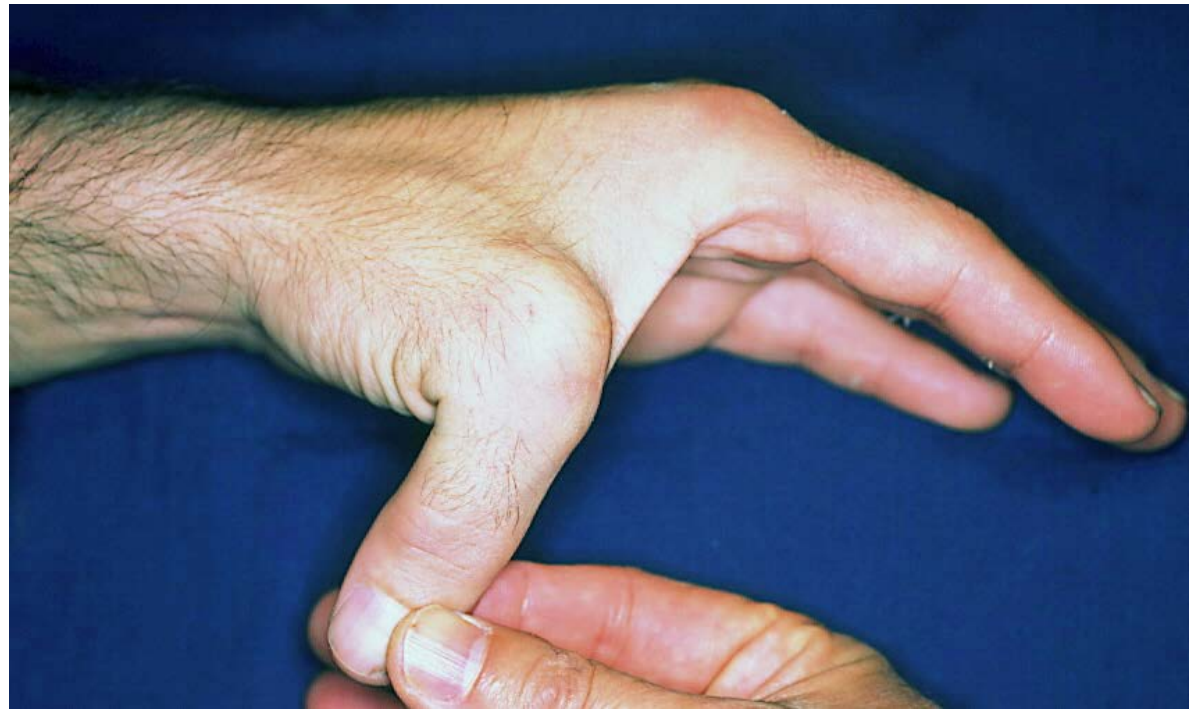
Skier's Thumb Related to All Injuries



Falls with the Pole in the Hand



Skier’s Thumb



Prevention ? …In the process of investigation

Head Trauma

- **15% of all injuries**

- 60% of accidental deaths in winter sports are related to head trauma

- Diagnosis:
  * Lacerations, abrasions, superficial cuts with no neurological problems
  * Mild concussions

Head Trauma. Evidences

- "Helmet use reduces head injuries by 29%" Hagel et al. 2005 (Canada)

- "Wearing a helmet reduces the risk of injury in the head by 60%" Sulheim et al. 2006 (Norway)

- “Do Helmets Reduce Fatalities or merely Alter the Patterns of Death?” Shealy, J., Johnson, R., and Ettlinger, C., 2008

- "Skiers and snowboarders wearing helmets are less likely to suffer a head injury“. Meta analysis of 10 previous studies, Russell et al. 2010*“*

- *Between 1999-2008, helmet use increased from 5% to 40%, in the same period the total % of head injuries did not decrease " Langran 2010 (Scotland*)

Head Trauma. Evidences

- Between 1999-2008, helmet use increased from 5% to 40%.
  In the same period the total % of head injuries did not decrease.
  “Langran 2010 (Scotland)”

- Between 2003-2014 helmet use increased from 15% to 90%.
  No significant changes were seen in the frequency of severe head injuries.
  Helmet use is recommended but there is no evidence of reduction of severe injuries. “Hasler et al. 2013 (Switzerland)”

- Between the 2001-02 and 2008-09 ski seasons helmet use rose from 5% to 35%, no significant changes were observed in the percentage of head injuries or their severity. “Escoda et al. 2010 (Andorra)”

Head Trauma. Evidences

Between seasons 1995-06 and 2009-10:

- * Helmet use increased from 5 to 76%
- * The percentage of head injuries on total injuries decreased by 20%
- * Potentially serious head injuries expressed in MDBI diminished by 64% (from 8.775 to 24.690 days)

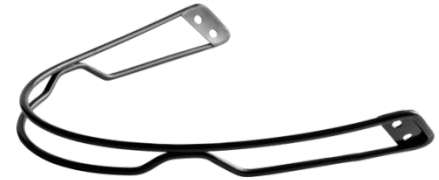
(Shealy et al. 2011)

Head Trauma

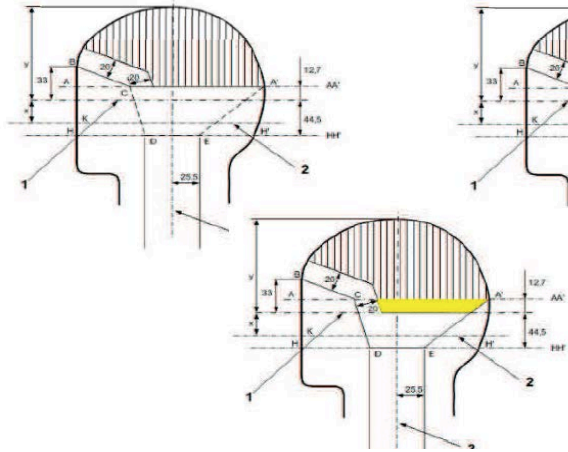
Helmet: Yes or No?

HOMOLOGADO

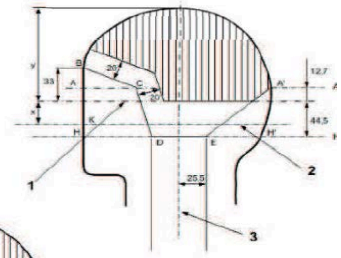
ASTM 2040 / **EN 1077 clase A** o B / Snell RS 98



EN 1077 B



EN 1077 A



Prevention ? …In the process of investigation




Young Para-Athletes & Non Impaired Population Injuries

A Comparison Study of Snow Sport Related Injuries in Ski Resorts




Data from 94 Impaired Athletes

No.	Season	First Name	SDMS Code	NPC	Sex	Birth Date	Functional Class	Training Competition	Location	Injury Date	Injured body part	Injury Type	Cause	Out of competition	Imaging	Type of snow	Snow	Wind	weather	video	other
10	2011-2012	Kelly	13140	GBR	F	18.05.1995	B3	Training	Super G training Innerkerm Austria	24.02.2012	head face	fracture, concussion									bruises in face, neck and back
11	2011-2012	Timothy	028-046	GBR	M	20.05.1982	LW12-1		London	05.05.2010	hip groin	fracture	no ski related?	>28 days	X-ray	n/a	n/a	n/a	n/a	no	at least 4 months
13	2011-2012	Hiraku	13226	JAP	M	12.07.1987	LW2	Training	Annaberg Salzburg, Slalom Gate Training	13.01.2012	knee	fracture	fall, caught gate, twisted R knee	>28 days		artificial	Ice, soft	no	cloudy	no	fracture tibial plateau R, constructive treatment, 3 months rest
14	2011-2012	Takanori	13246	JAP	M	06.03.1972	LW10-2	Training	Kühtai	26.05.2011	chest	fracture		>28 days	X-ray	artificial	compact	some	cloudy	video	chest L
15	2011-2012	Jong Seork	13254	KOR	M	01.03.1967	LW11	Official training		08.12.2011	shoulder clavicle	joint ligament ?		>28 days	X-ray	artificial	Ice,	some	cloudy	no	acromioclavicular joint injury (rt)Operation, at least 2 months
16	2011-2012	Thomas	13315	SUI	M	07.09.1982	B3	Competition	Swiss Championships	14.06.2011	knee	joint ligament	fall in the gate, twisted knee	>28 days	MRI	natural and artificial	soft, salt used	some	sunny	no	cruciate ligament rupture knee R, R Knee surgery 11.05.2011, one year out
17	2011-2012	Markus	13310	SUI	M	06.10.1971	LW12-1	Competition	Tignes France	24.02.2012	head face	contusion, concussion and skinabrasions lesions of head, face and neck	fall after ext. ski and outrigger	>28 days	US and MRI	natural	soft	no	cloudy	no	whiplash trauma
18	2011-2012	Radomir	070-0025	SVK	M	05.04.1972	B2		WC Arta Terme	26.12.2009?	knee	muscles and tendons		>28 days		artificial	compact	no	sunny	no	Distorsio gen. 1.sin
19	2011-2012	Nathalia	151	SVK	F	04.05.1996	Guide		Super G, Abtenau Austria	19.01.2012	head face	fracture		8-28 days		natural	compact	no	raining	no	orthopedic bracing
20	2011-2012	Scott	13386	USA	M	02.03.1974	LW12-1	Official training	Copper Mountain Colorado	11.01.2011	shoulder clavicle	fracture	outrigger Fall, Training crash	>28 days	X-ray	natural and artificial	compact	some	cloudy	no	comminuted and displaced fractured R clavicle
22	2010-2011	Nicholas		AUS	M	03.04.1986	LW2	Training	Mt Hutt New Zealand	03.09.2009	lower leg achilles tendon	fracture									dista third tibia and fibula fracture R, undergone surgery and metal replacement surgery
23	2010-2011	Allaert	007-0017	BEL	M	03.05.1989	LW12-1			08.10.2010	chest	fracture	car accident Antwerp	at least 5 months	CT, MRI						whiplash, wedge fracture vertebra D1
24	2010-2011	Viviane	013-0134	CAN	F	14.05.1979	B2	Competition	Whistler, Vancouver Games 2010		head face, lower arm	contusion, concussion, joints ligaments	fall at finish, lost guide, smashed fence	>28 days		natural and artificial	ice		sunny	TV	Concussion, post concussion syndrome with daily headaches. Right D1 thumb ulnar coll. Lig sprain. Wrist R scapholunate lig tear grade 3
25	2010-2011	Kimberley	13029	CAN	F	27.01.1981	LW12-1				shoulder clavicle	muscle tendon									surgical repair rotator cuff
26	2010-2011	Morgan	013-0065	CAN	M	05.07.1986	LW-3	Training	Sestiere, Italy	13.01.2011	foot	fracture, contusion	fall after hitting a bump in high speed in freeskiing	>28 days	CT-scan, X-ray	natural and artificial	compact	no	sunny	no	vertical shear fracture tarsale bone R
27	2010-2011	Chris	013-0048	CAN	M	05.05.1972	B3	Training	GS, WC Sestiere, Italy	22.01.2011	lower arm	fracture, joints ligaments	Training at high speed. Fall as right ski hit in a rut	>28 days	X-ray, CT-scan	natural and artificial	compact	no	sunny	no	Left distal radius fracture/ulna styloid fracture/scaphoid and triquetral avulsion fractures/lunate

57 complete registers

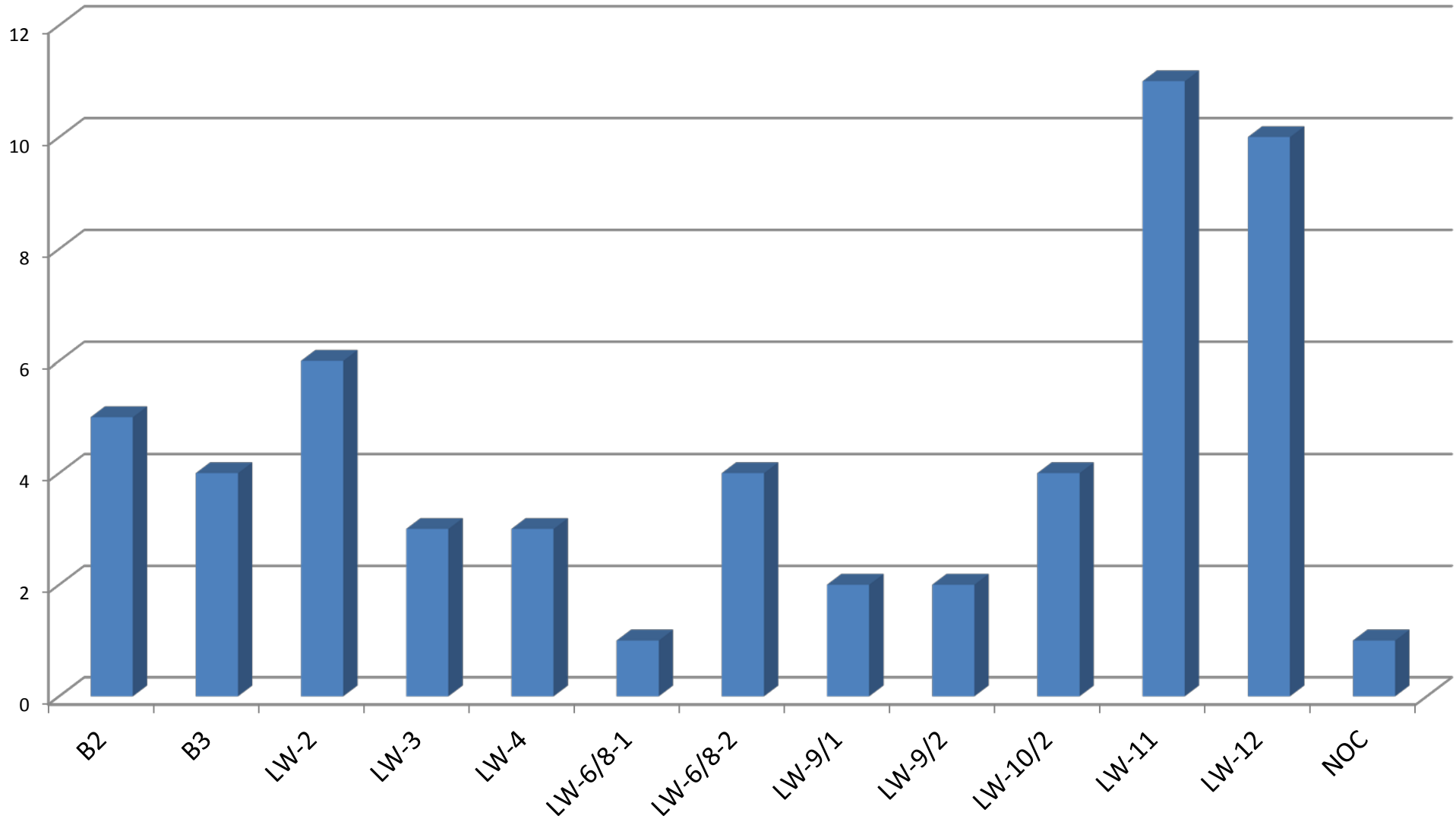
No.	Season	First Name	SDMS Code	NPC	Sex	Birth Date	Functional Class	Training Competition	Location	Injury Date	Injured body part	Injury Type	Cause	Out of competition	Imaging	Type of snow	Snow	Wind	weather	video	other
47	2009-2010	Andrea	013-0071	CAN	F	26.06.1986	LW-2	Competition	Paralympics 2010, Whistler	27.08.2009	head face, knee	concussion, abrasions	fall at full speed at finish, outriggers	>28 days	CT scans head, MRI knee	natural	ice	no	sunny	video, TV?	concussion, quads contusion, dental injury, facial abrasions
48	2009-2010	Joines ✚	013-0056	CAN	F	27.01.1981	LW-12	Training	Training camp Chile	27.08.2009	shoulder clavicle	muscle and tendon	fall sitski uphill outriggers	>28 days	X-ray, MRI	natural	soft	no	cloudy	no	rotator cuff, supraspinatus tendon tear R, operation needed after incomplete recovery with FT
49	2009-2010	Nicolas	027-0045	FR	M	27.06.1968	B2	Competition	Pitztal	27.08.2009	lower leg achilles tendon	muscle and tendon		>28 days	US	natural	ice	strong	sunny	no	muscle tear aponevrose jumeau mollet int
50	2009-2010	Laurent	027-0090	FR	M	27.06.1968	LW10-2	Official training		27.08.2009	shoulder clavicle, chest	muscle and tendon, contusions	fall with outriggers under sitski	8-28 days		natural	compact	some	cloudy and flat light	no	musclotendineus injury shoulder R
51	2009-2010	Denis	027-0026	FR	M	13.07.1962	LW11	Training	Tignes	27.08.2009	hip groin	fracture	fall on back, legs outside the seat	>28 days	X-ray	natural	soft	no	sunny	no	femur fracture R, shoulder
52	2009-2010	Sebastien	027-0082	FR	M	13.10.1983	LW9-2	Training		27.08.2009	knee	joints and ligaments		8-28 days		natural	soft	no	sunny	no	R knee still instable after operation 6 months earlier
55	2009-2010	Luca	040-0159	ITA	M	20.01.1976	LW2	Training	GS training Whistler	27.08.2009	lower leg achilles tendon	fracture	struck gate with tibia		X-ray, MRI	natural	compact	no	snow	no	fracture tibia and fibula L
56	2009-2010	Kenji	041-0071	JAP	M	04.12.1973	LW-11	Training		27.08.2009	shoulder clavicle	joints and ligaments	fall after off-balance landing after small jump	>28 days	X-ray, MRI	natural	soft	no	cloudy	no	L side supraspinatus inj. operation neede
59	2009-2010	Miroslav		SVK	M	19.02.1976	LW4	Training		27.08.2009	knee	joints and ligaments									ASK damage, punctured 60 ml from knee
60	2008-2009	Bernhard	006-0711	AUT	M	25.07.1970	LW6/8-1	n/a		27.08.2009	n/a	other		>28 days						no	
61	2008-2009	Franz	006-0721	AUT	M	11.09.1983	LW4	Training	GS	27.08.2009	lower leg achilles tendon	fracture	outturned knee/foot after crash in deep snow outside the best line GS	>28 days		natural	soft	some	sunny	no	
62	2008-2009	Marina	006-0769	AUT	F	23.07.1981	LW6/8-2	Training		27.08.2009	knee	joints and ligaments		>28 days	MRI, bone sca	natural	soft		cloudy	no	
63	2008-2009	Andreas	006-0726	AUT	M	24.12.1971	LW6/8-2	Training		27.08.2009	lower leg achilles tendon	fracture		>28 days		artificial	compact	no	cloudy, foggy, flat light	no	
64	2008-2009	Markus	006-0727	AUT	M	01.06.1991	LW 9-1	Competition	EC Kühtai	27.08.2009	lower leg achilles tendon	fracture	outturned knee/foot after crash in deep snow outside the best line GS	>28 days		natural	soft	some	cloudy, foggy, flat light, snow	no	
65	2008-2009	Alexandra	013-0098	CAN	F	30.06.1994	LW6/8-2	Training		27.08.2009	lower leg achilles tendon	fracture		>28 days	X-ray	natural	compact	no	sunny	no	Fractured Right Tibia (spiral/comminuted) and fractured
67	2008-2009	Denis	027-0026	FR	M	13.07.1962	LW11	Training - n/a		27.08.2009	pelvis, sacrum, lower back, hip groin, foot	skinlesions, other		>28 days	x-ray	n/a					acute hospitalization for septic shock, fournier Gangren, septicemie, 10 days in coma
68	2008-2009	Jambaque	027-0050	FR	M	14.04.1988	LW9/2	Training		27.08.2009	knee	joints and ligaments	torsion knee R in curve	>28 days		natural	soft		sunny		rupture iterative de plastie du LCA
69	2008-2009	Steven	028-0052	GBR	M	30.08.1966	LW9/2	Training	SG Hintertux	27.08.2009	knee	fracture, muscle and tendon	Right ski caught edge and released athlete fell forward onto right knee	>28 days		natural	compact	some	cloudy	no	lateral Tibula plateaux Fracture 7m long 1m wide 0.5 m deep
73	2008-2009	Hanjörg	040-0172	ITA	M	27.03.1972	LW9	Official		27.08.2009	knee	muscle and tendon		8-28 days	x-ray	natural	soft	some	sunny	no	
74	2008-2009	Jasmin	091-0001	USA	M	28.08.1979	LW11	Competition	Winterpark Co, USA nationals	31.01.2009	shoulder clavicle	fracture	outrigger	>28 days	x-ray	natural	compact	strong	cloudy	no	fracture clavicle L




Results

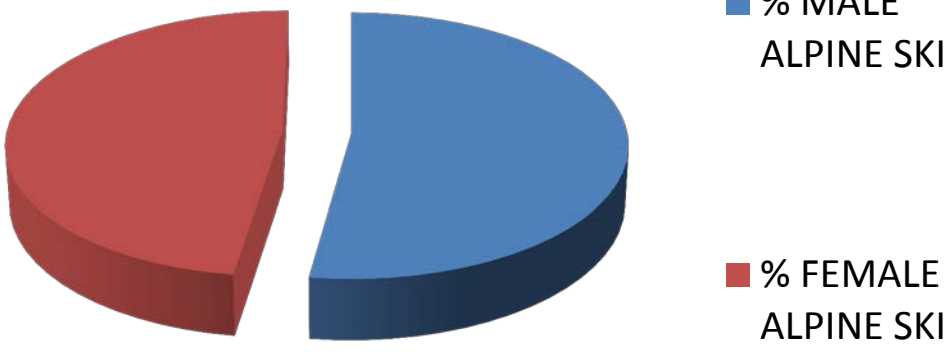



Functional Class

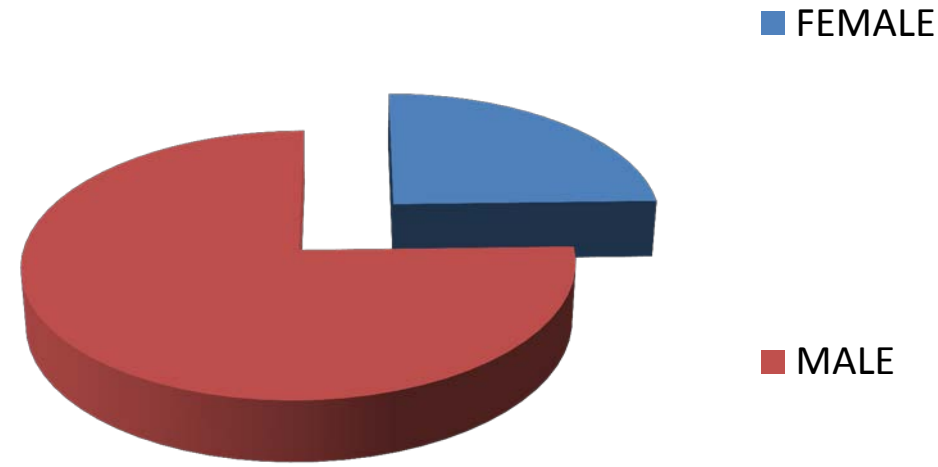


Gender

Non Impaired Population

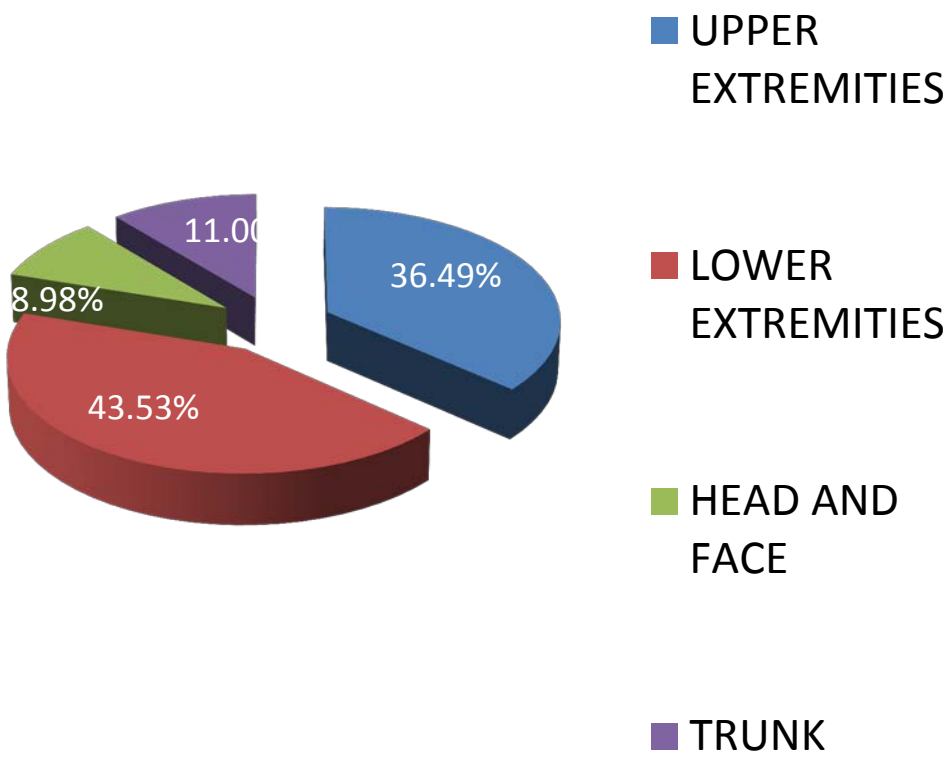


Impaired Population

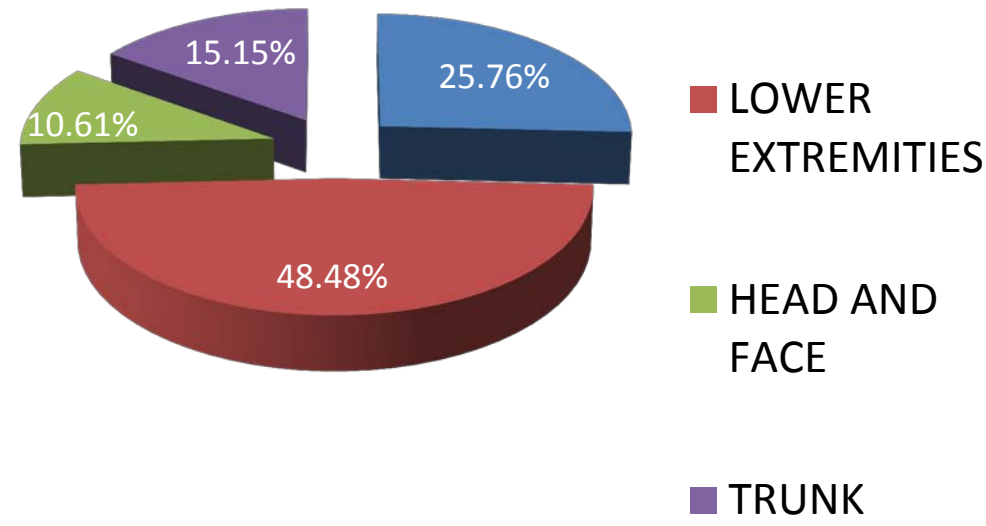


Location

Non Impaired Population

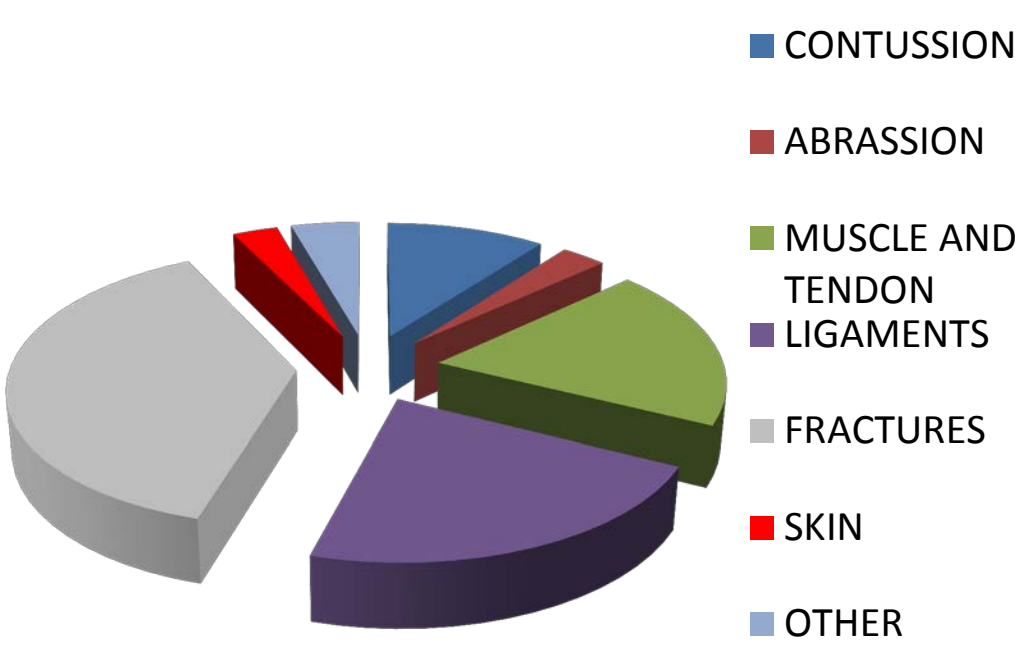


Impaired Population

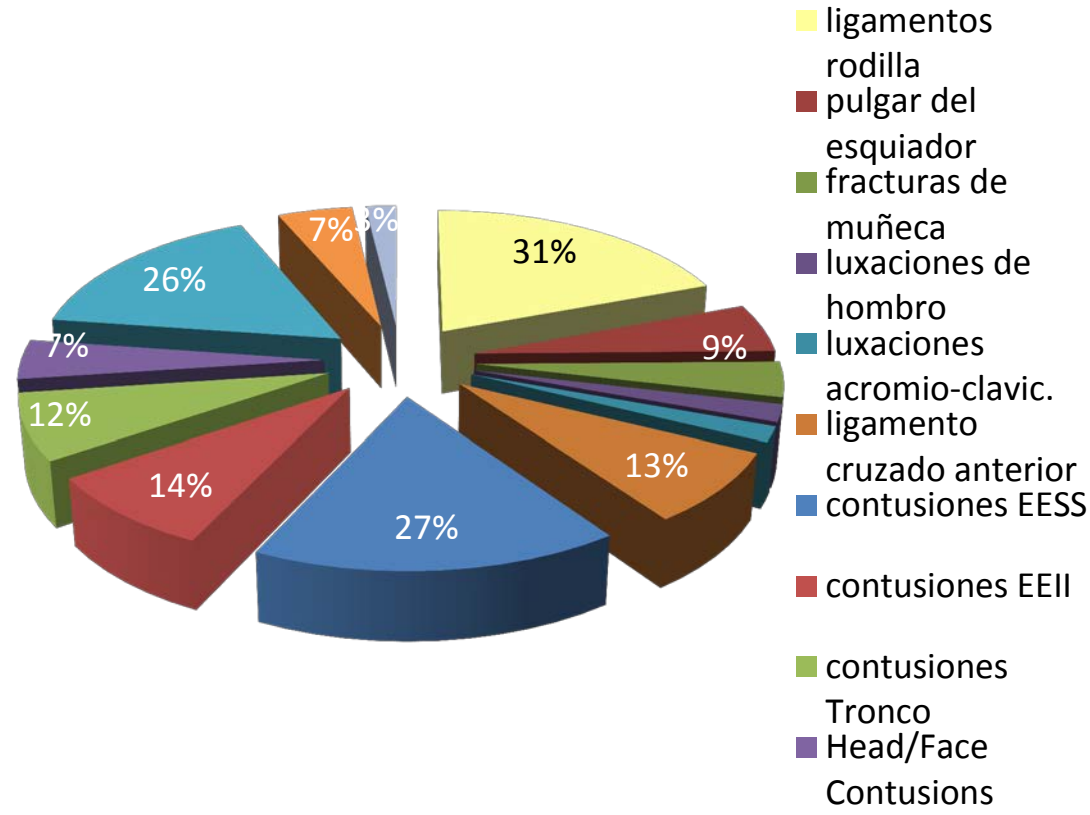


Diagnosis

Non Impaired Population



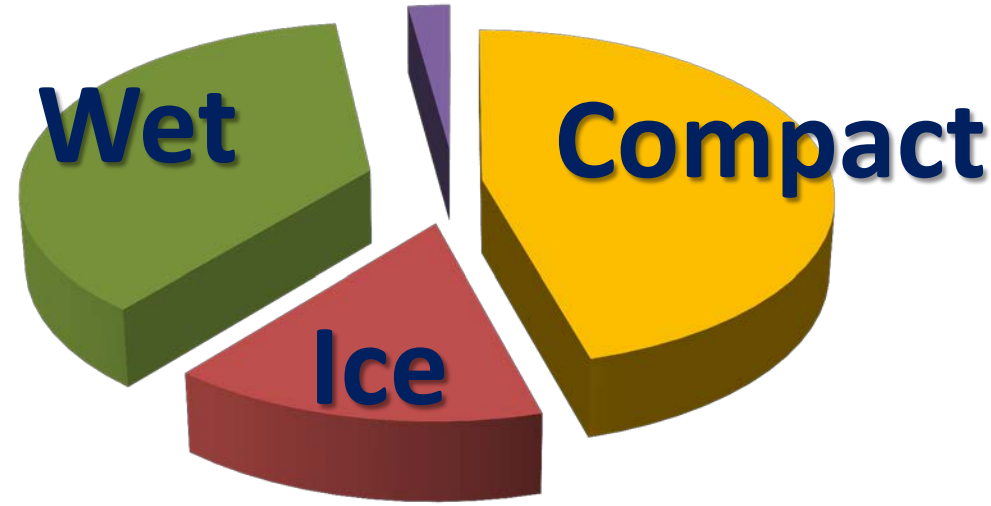
Impaired Population



Quality of Snow

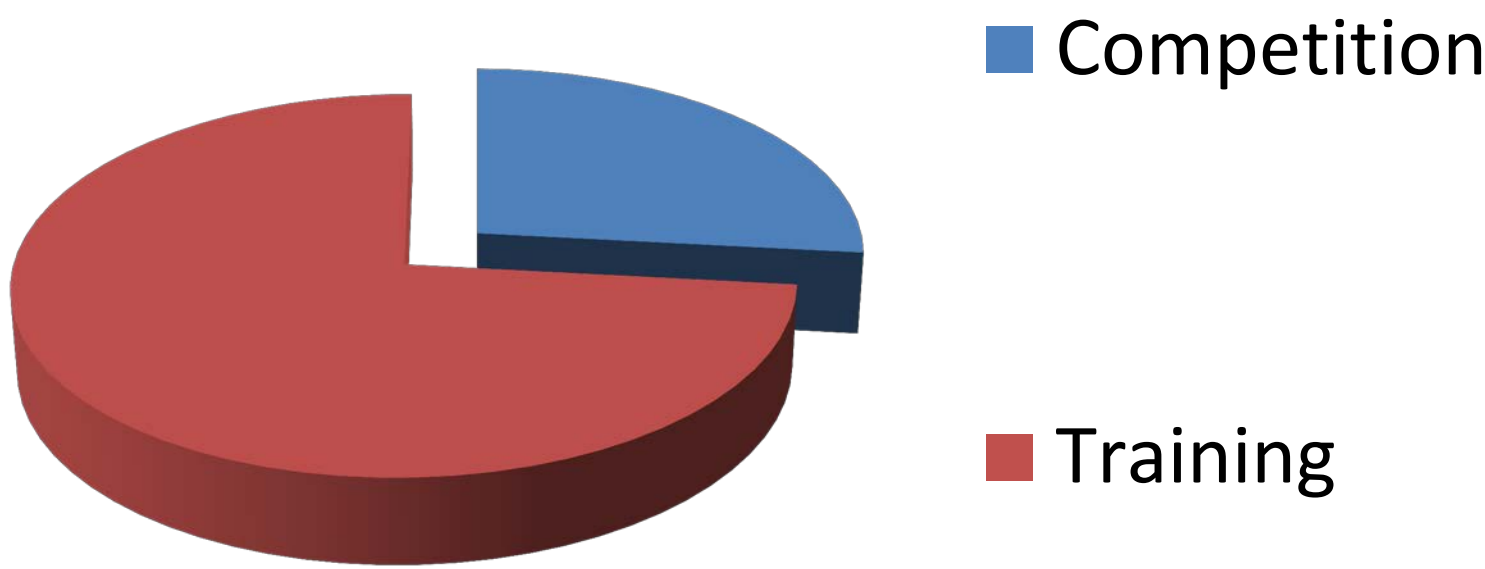
Non Impaired Population

Impaired Population



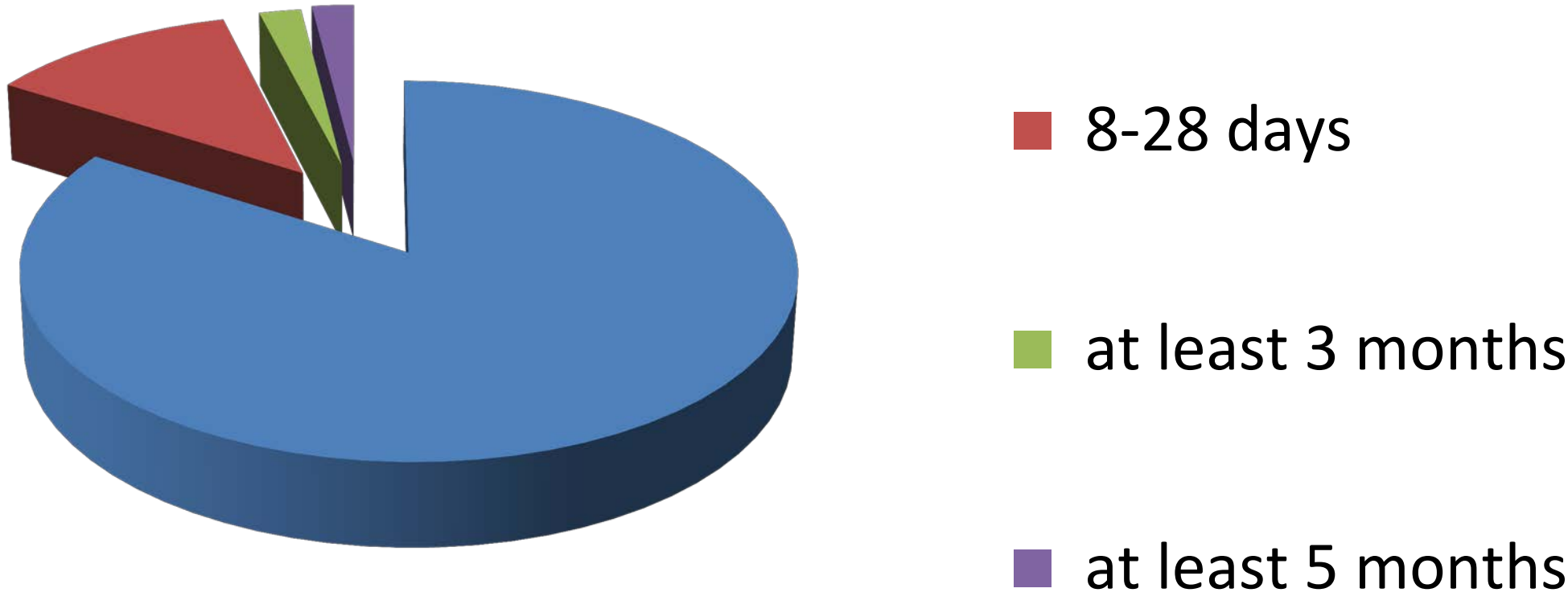
Mechanism of Injury

Impaired Population



Out of Competition

Impaired Population






Conclusions




Conclusions

- Winter Sports are in constant **Evolution**
- Winter Sport Injuries result from **Multivariable Factors**
- Constant change in Techniques, Materials and Individual behavior make **Prevention** a challenge for scientific investigation

Conclusions

- Cause-Effect understanding in Winter Sport Injuries requires precise **Statistics**
- Statistics are based on accurate **Data Collection**
- Doctors, Coaches and Trainers are responsible for careful data collection in order to **Understand and Prevent** Sport Related Injuries

Thank you very much

traumatologia i medicina
d'esports d'hivern

Dr. Aleix Vidal i col·laboradors