

Professional Footballers

Australia (PFA)



2016 A-League Injury Report

10th Edition



CONTENTS

Executive Summary.....	3
About the PFA A-League Injury Report.....	4
2015/16 A-League Season Overview.....	7
Location of Injuries	8
Comparison to Previous Seasons	9
Benchmarking.....	11
Recommendations.....	12
A-League Minimum Medical Standards	13

EXECUTIVE SUMMARY

4,386,326.05

the total cost of injuries for the 2015/16 season

• 156
injuries
recorded



• 669
games
missed
due to
injury



• 66.9
average number
of games missed
through injury
per club

• 30.2%
of games missed as
a result of a knee
injuries

• 2.5 players missing due to injury on
average each match per club

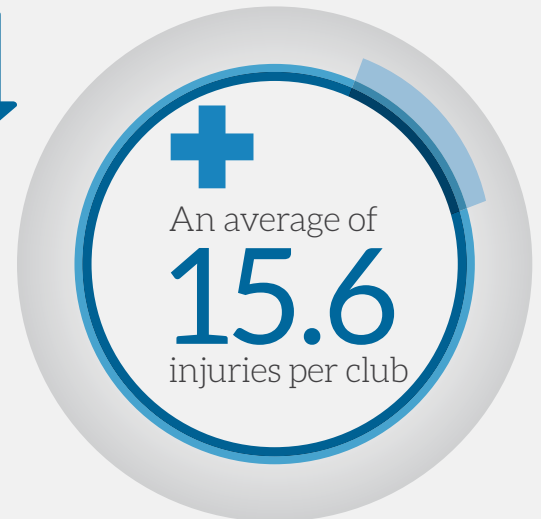
1.43% ↓↓

decrease in the
total **cost of
injuries** compared
to the 2014/15
A-League Season



3.2% ↓↓↓

decrease in the number of **games
missed** through injury compared to the
2014/15 A-League Season



ABOUT THE PFA A-LEAGUE INJURY REPORT

Background

Established in 2005, and now in its 10th edition, the PFA A-League Injury Report is a fundamental tool in the PFA's efforts to ensure the health and safety of its members through the constant monitoring of the occurrence of injury. The information contained within this report describes the latest trends of injury occurrence in the A-League and identifies potential injury patterns. The findings of the report are utilised to inform the PFA's discussions with the game's stakeholders regarding the measures and regulations necessary to ensure the health and safety of the players.

The report played a significant role in forming the foundations for the implementation in 2011 of the Minimum Medical Standards, which are incorporated into the A-League Collective Bargaining Agreement (CBA) between the PFA and Football Federation Australia (FFA).



Methodology

During the 2015/16 A-League Season, the PFA collected and recorded the occurrence of (games missed) injuries for all players.

The PFA A-League Injury Report was formulated from publicly available injury data accessible through the following key sources:



FFA weekly
A-League match
previews



Official A-League
match previews/
reviews



Official
media
releases



Official
websites



Player
feedback

During the 2015/16 A-League Season (excluding the A-League Finals Series, Asian Champions League and FFA Cup), the PFA monitored all players (N = 298) of all clubs.

The collection of the data included:

● number of
injuries

● injury
location

● official games
missed due to
injury

In this report, injury was defined as “any physical complaint sustained during a competitive game or training that resulted in a player being unable to take part in, at a minimum, the player’s next official A-League game.” Based on the data collected about injury occurrence and related games missed, descriptive analyses were conducted.

Methodology

In order to calculate the cost of injury, the following formula was used:

$$\text{Cost of Injury} = \left(\frac{\text{Player Payments (excluding marquee and replacement players)}}{\left(\text{A-League Games} \times \text{Players on Team Sheet} \right)} \right) \times \text{Games Missed}$$

2015-16 Salary Cap + Flexibilities spend A-League Regular Season = 27 Games No. of Players on Team Sheet = 16



This formula is designed to estimate costs on a conservative basis and it does not include:

- the cost of marquee payments and replacement players;
- the A-League Finals Series, Asian Champions League and FFA Cup; and
- the cost of medical care and treatment to injured players.



Important Note: The accuracy of the PFA A-League Injury Report's results and analysis is dependent upon the accuracy of the sources of information from which it is derived. Accordingly, the PFA does not warrant that the results are an exact and complete record of player injuries. They are, however, an accurate summation of the publicly available information provided by FFA and club sources.

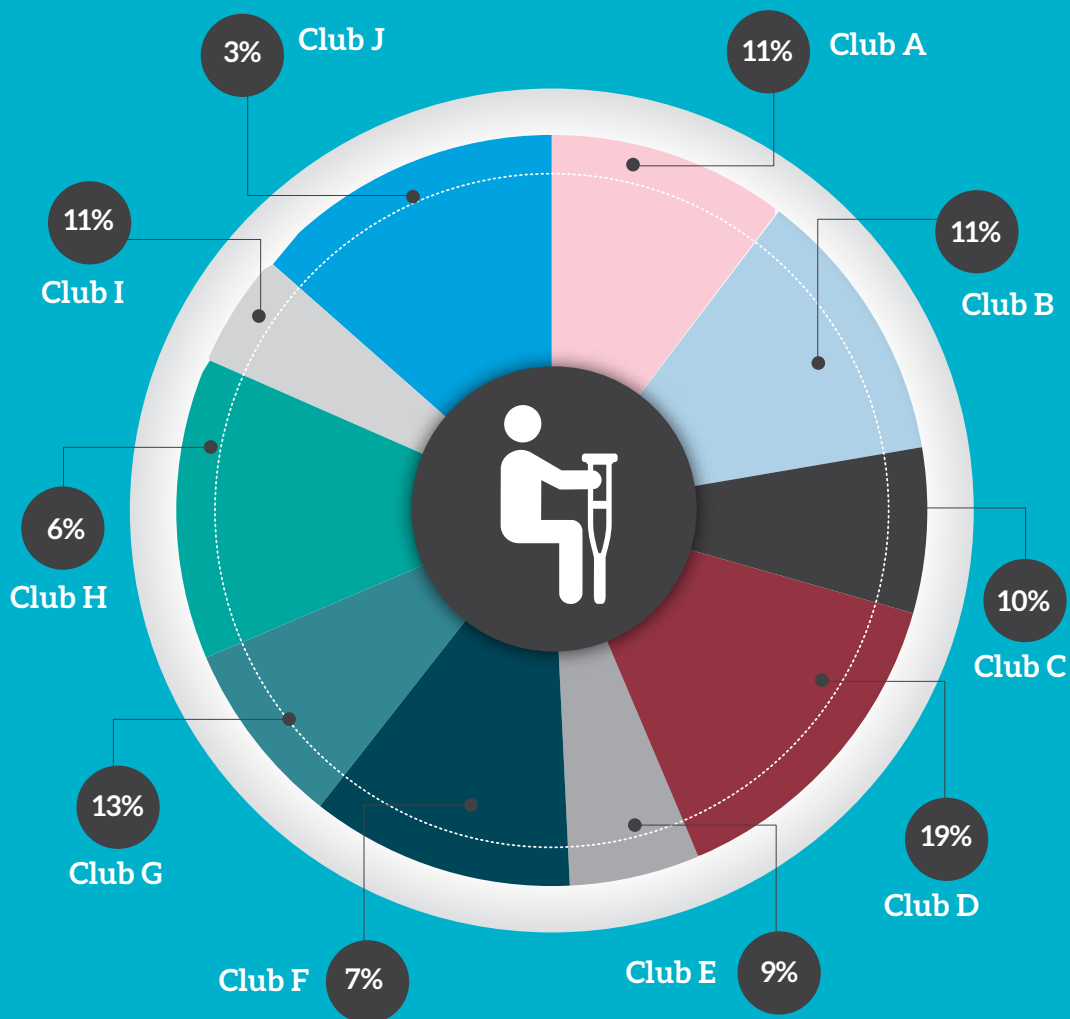
2015/16 A-LEAGUE SEASON OVERVIEW

+ 156
Total number of injuries

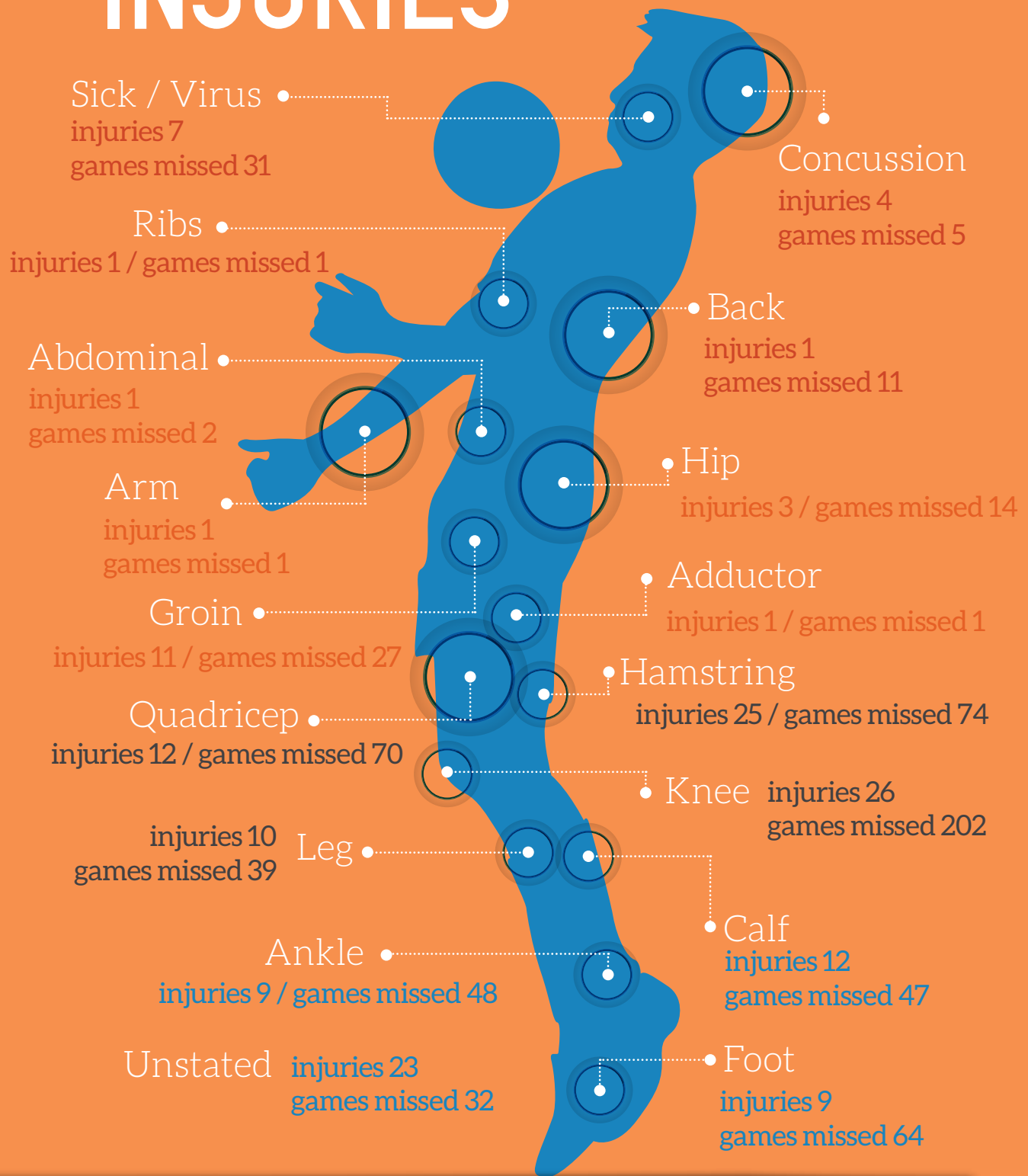
♿ 669
Number of games missed due to injury

📊 4.28
Average number of games missed per injury

Of all games missed through injury the % attributable to each club

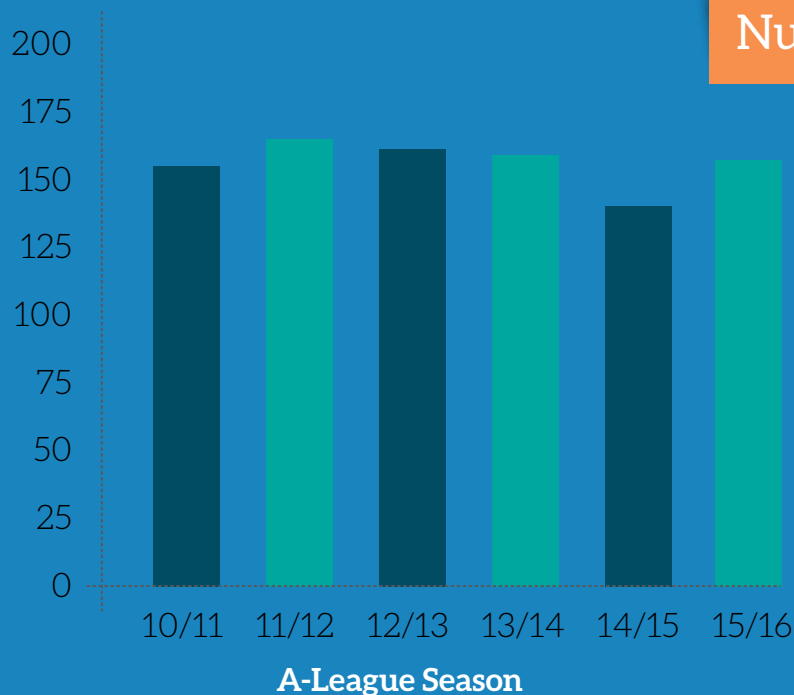


LOCATION OF INJURIES



Games missed as a result of quad injuries have risen

COMPARISON TO PREVIOUS SEASONS



Number of injuries

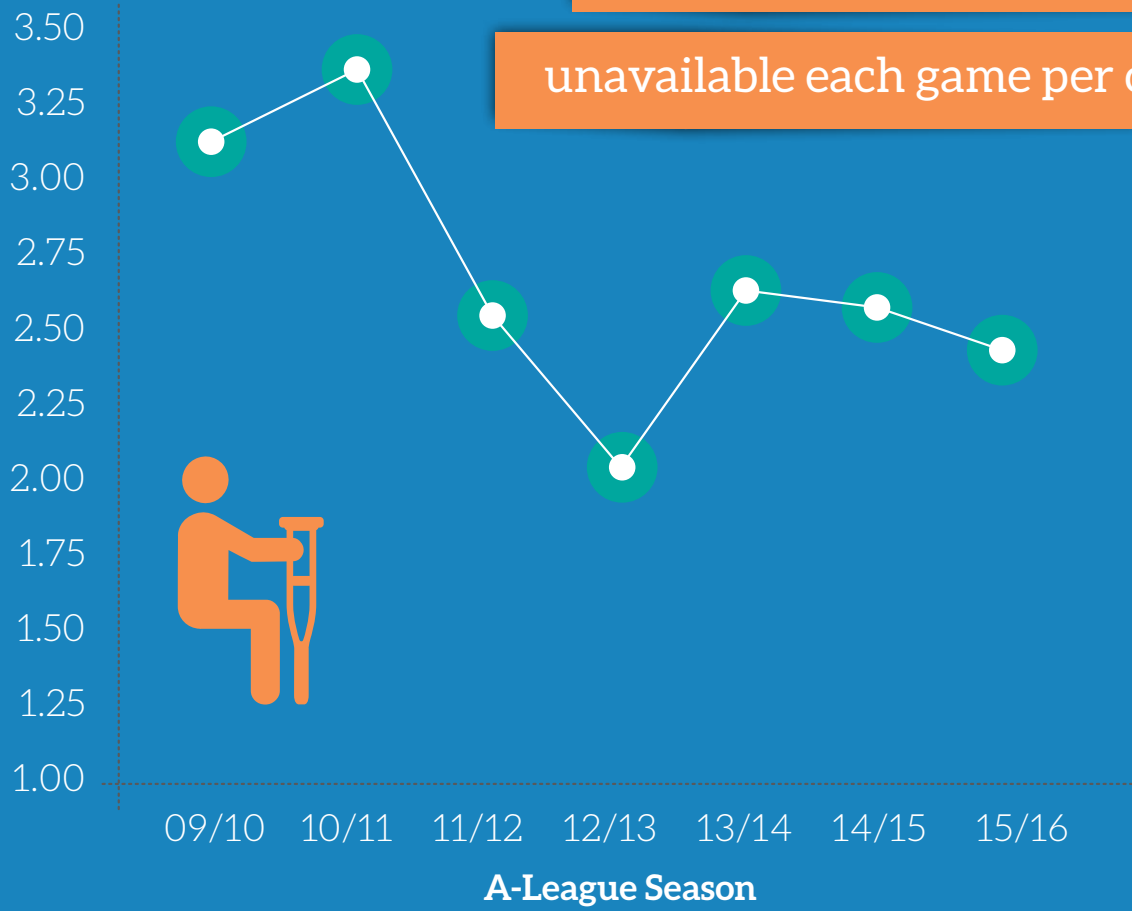
*Minimum Medical Standards were introduced at the end of the 2010/11 A-League Season.

*Calculations based on a 27 game season.



Average number of players

unavailable each game per club

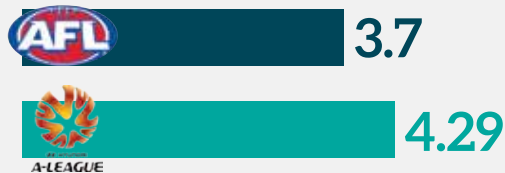


*Minimum Medical Standards were introduced at the end of the 2010/11 A-League Season.

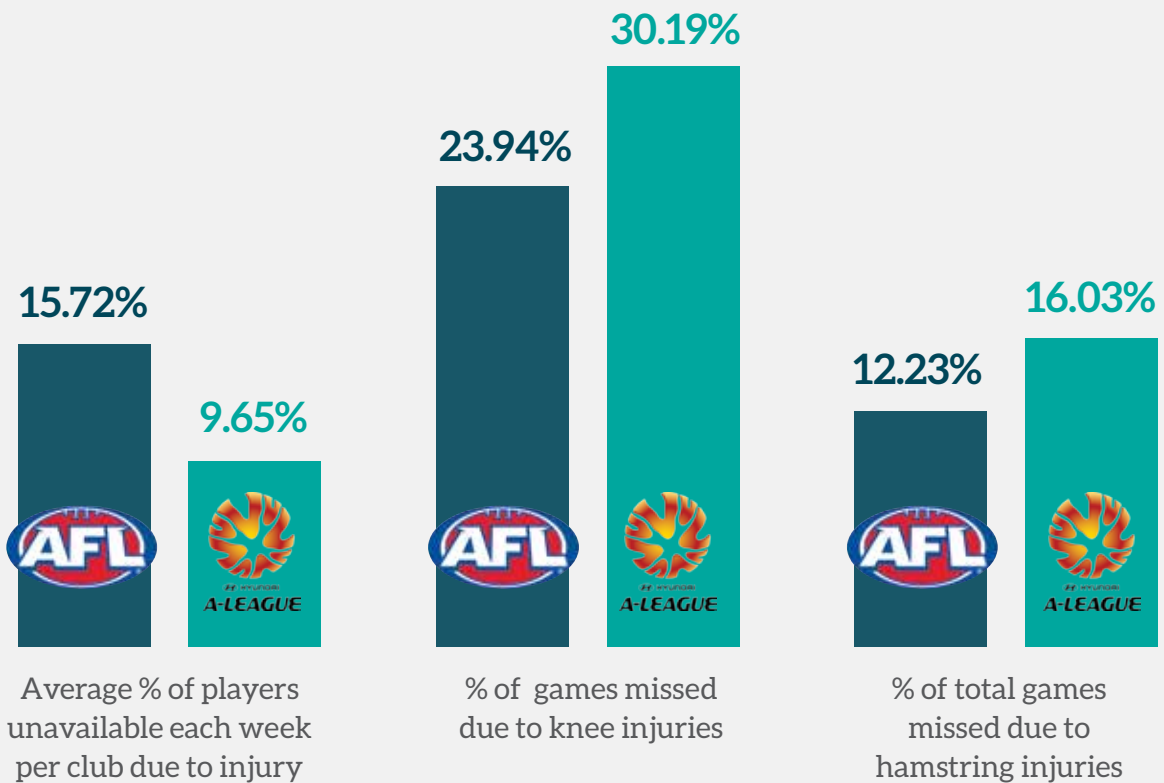
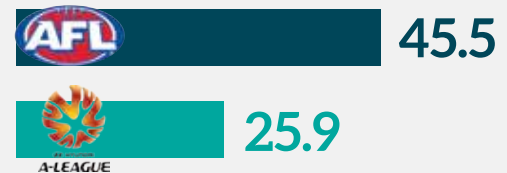


BENCHMARKING

Average number of games missed per injury



Average number of players used per club during the season



AFL players returned to fitness from injury 13.75% quicker than A-League players.

RECOMMENDATIONS

Since the A-League introduced the Minimum Medical Standards in 2011, there has been a downward trend of injuries. **The 2015/16 PFA A-League Injury Report suggests that whilst the Minimum Medical Standards have resulted in a significant decrease in both the number of injuries and the number of games missed through injury, they require consistent monitoring and evaluation to ensure they achieve their objective.**

Based on the findings of this and previous editions of the PFA A-League Injury Report, several recommendations must be considered:

- the systematic implementation of effective measures to prevent the occurrence of injuries, especially for the prevention of knee injuries;
- a proper balance between the domestic and international competition schedules in order to avoid game congestion and overload;
- regular review of the Minimum Medical Standards by the newly established Player Health and Safety Committee to align with the latest evidence-based medical knowledge;
- monitoring of the application of the Minimum Medical Standards by the Player Health and Safety Committee in order to preserve a high consistency in medical counselling from one club to another;
- special attention to be paid to concussion due to the short-term and long-term impact it can have on the wellbeing of players. Concussion must be managed in accordance with the FFA Concussion Policy; and
- mental illness and osteoarthritis must be monitored by all stakeholders.

Recommendations made by FIFPro, the world players' association, Chief Medical Officer Vincent Goutteborge.

6

A-LEAGUE MINIMUM MEDICAL STANDARDS



1. Medical Testing

(a) Prior to commencement of each A-League Season, each Club shall complete a Medical Assessment (incorporating the Lausanne Recommendations) on all Players on its Player Roster. Each Club will also complete such a Medical Assessment on all Players which it does not contract for the subsequent A-League Season after the conclusion of that A-League Season. The results of such Medical Assessments are to be provided to the Club and Player.

(b) No contracted Player may participate in on-field, weights or conditioning training with the Club (Training) or Matches unless he has undergone a complete Medical Assessment in connection with the relevant A-League season and has been determined by the Club's Doctor as being medically fit to play football.



2. Club Doctors

(a) Each Club will have a specialist sports physician, certified by the Australasian College of Sports Physicians, or a sports doctor, certified by Sports Doctors Australia, as one of its Club physicians (Club Doctor).

(b) If a Club Doctor advises a coach or other Club representative of a Player's physical condition that adversely affects the Player's performance or health, the Club Doctor will also advise the Player.

(c) If a Player suffers from a condition that could be significantly aggravated by continued performance, the Club Doctor will advise the Player and the Club of such fact before the Player is again allowed to perform on-field activity (i.e. training or playing).

(d) A different Club Doctor is required for both the home team and the away team in an A-League Match. Each Club is responsible for ensuring that its Club Doctor is present and on duty.

(e) The home Club in an A-League Match shall ensure that first aid supplies and medications appropriate for the types of injuries that may be sustained during an A-League Match are provided.

(f) There shall be an ambulance available at each A-League Match to be exclusively available for Players.



3. Club Trainers

(a) All Club sports trainers or conditioners shall hold a Sports Trainer Level 2 certification from Sports Medicine Australia or a tertiary qualification in Sports Conditioning.

(b) Any current sports trainer who does not hold the necessary certificates shall have two years in which to obtain the necessary certification. Sports trainers hired from overseas shall have comparable certification and shall complete the applicable Sports Trainer course within 2 years of the date hired.



4. Club Physiotherapists

Each Club must make a registered physiotherapist available to Players immediately prior to, during and after training and at all matches.



5. Player Medical Records

(a) Club Doctors, physiotherapists, and sports trainers shall keep accurate records of Players' injuries, illnesses, physical complaints, diagnostic tests, medical advice provided and treatment.

(b) These records shall meet the requirements of confidentiality required by law and shall be available to the Player to review and to copy upon request.

(c) Club Doctors, physiotherapists, and sports trainers shall provide all information and fully assist Players in obtaining any and all insurance injury benefits to which Players may be entitled.



6. Player's Right to a Second Opinion

A Player will have the right to a second medical opinion by a medical practitioner of his choosing. In the event of a difference between the first and second opinions, an independent medical practitioner shall be selected and agreed by the Club and Player to resolve the difference.

For more information on player health and safety go to www.pfa.net.au



7. Players' Right to a Surgeon of His Choice

(a) A Player will have the right to choose the surgeon who will perform surgery provided that:

(i) if possible, the Player will consult with the Club Doctor; and

(ii) the Player will give due consideration to the Club Doctor's recommendations.

(b) All costs for any such surgery that are not covered by either Medicare (or similar publicly funded health care system if the Player is in New Zealand, such as the Accident Compensation Commission) or the Player's health insurance will be at the Club's expense; provided, however, that:

(i) the surgery has been approved in writing by the Club's Doctor, which approval shall not be unreasonably denied; and

(ii) the Club will not be responsible for or incur any liability (other than the cost of the surgery) related to the adequacy or competency of such surgery.

C O U R A G E
W O R L D C L A S S
I N T E L L I G E N C E
T R U S T
R E S P E C T



Professional Footballers Australia Inc.

221/757 Bourke Street, Victoria, 3008,

Email: info@pfa.net.au

Tel: 1300 650 497



AUSTRALIAN
ATHLETES'
ALLIANCE

