

Professional Footballers

Australia (PFA)



2015/2016 W-League Injury Report



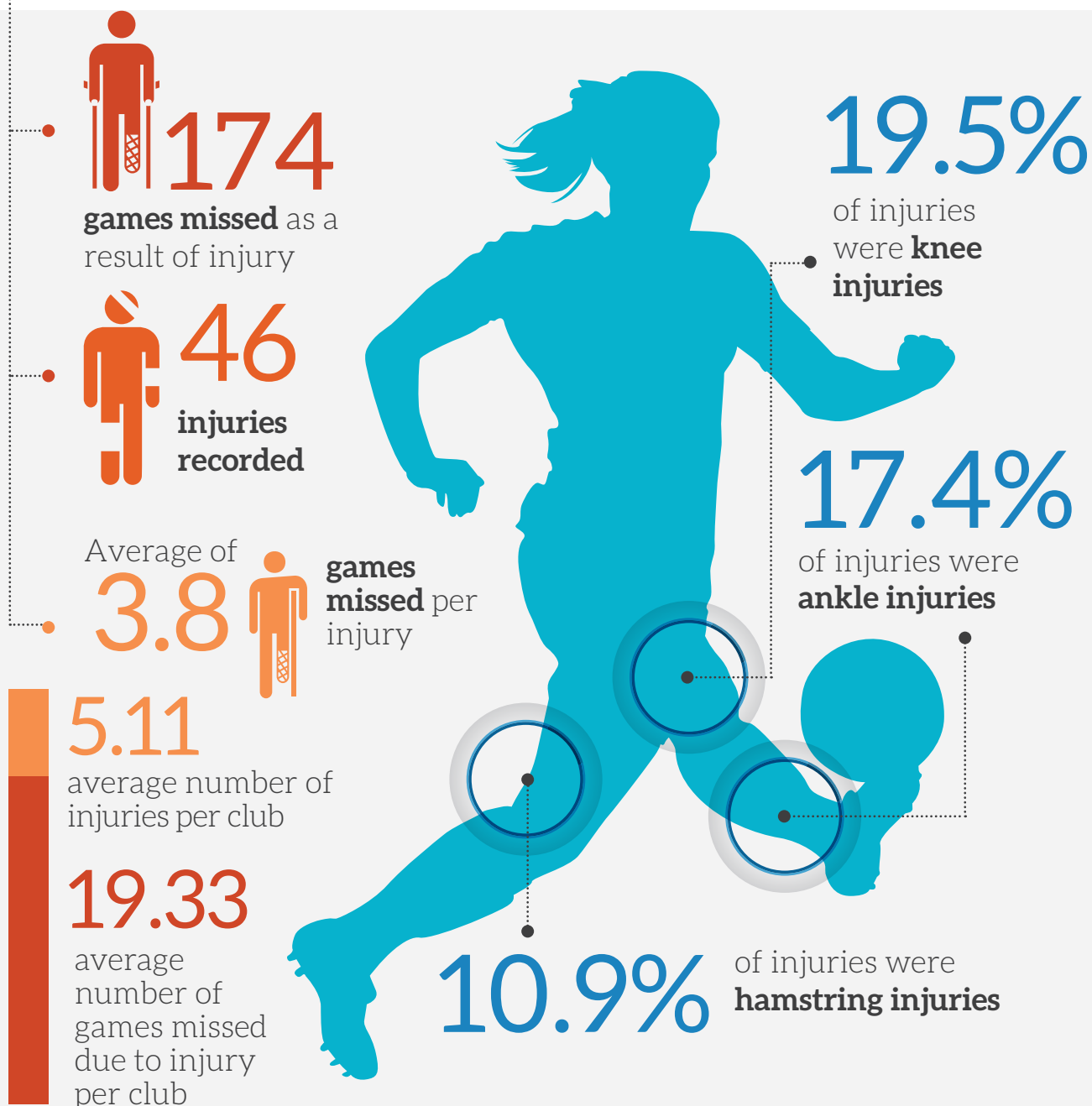
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SUPPORTING THE PLAYERS. BUILDING THE GAME.

1 EXECUTIVE SUMMARY



2 ABOUT THE PFA W-LEAGUE INJURY REPORT

Background

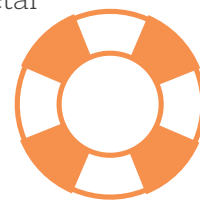
The W-League was introduced in 2008.



The 2015/16 season saw the competition expand from 8 teams and 12 rounds to 9 teams that played a total of 14 rounds (exclusive of the Finals Series games).



The monitoring of the occurrence of musculoskeletal injuries (bones, joints, ligament, muscles, tendons) as described in this report is a necessary step in order to establish adequate preventative measures aimed at protecting Players' health and safety.



By utilising the information described in this report, the PFA endeavoured to describe the trend of injury occurrence in the W-League and to identify potential injury patterns.



Methodology

During the 2015/16 W-League Season, the PFA collected and recorded the occurrence of (time-loss) injuries for all Players.

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



Football Federation
Australia (FFA)
weekly W-League
match previews



Official W-League
Club match
previews/reviews



Official
media
releases



Official
websites



Player
feedback

All W-League Clubs and Players were monitored over the whole season. In order for the PFA W-League Injury Report to be as balanced as possible, the games that made up the W-League Finals Series are not included in the report.

Data collection involved for each club included:

• number of
injuries

• injury
location

• official games
missed due to
injury

In this report, the definition of injury is slightly adapted from the accepted consensus statement. The PFA W-League Injury Report defines injury as any physical complaint which was 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 game. Based on the data collected, descriptive analyses were conducted.



Important

Note: The accuracy of the PFA W-League Injury Report's results and analysis relied on the accuracy of the sources of information from which it was 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 the FFA and club sources. This report does not include injuries Players received whilst playing for the Australian National Women's Team.

3

THE 2015/16 SEASON OVERVIEW



46

Total number
of injuries



174

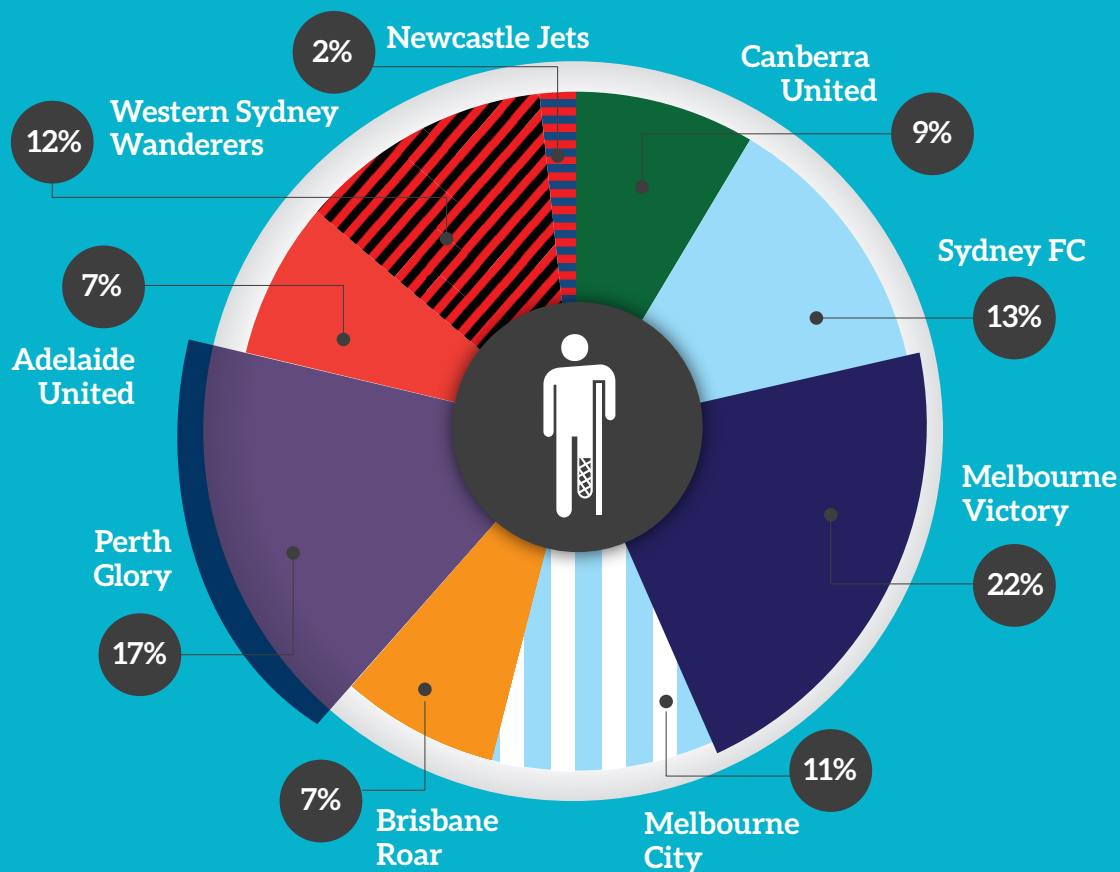
Number of
games missed
due to injury



3.8

Games missed
on average
per injury

Percentage of games missed through injury



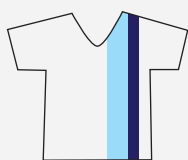


5.11

Average number of injuries per club

19.33

Average number of games missed due to injury per club



Melbourne City

No. of injuries: 2
Games missed: 19
Injury rank: 6
Table position: 1



Newcastle Jets

No. of injuries: 3
Games missed: 3
Injury rank: 1
Table position: 6



Canberra United

No. of Injuries: 5
Games missed: 15
Injury rank: 3
Table position: 2



Western Sydney Wanderers

No. of injuries: 7
Games missed: 21
Injury rank: 5
Table position: 7



Sydney FC

No. of injuries: 5
Games missed: 23
Injury rank: 7
Table position: 3



Perth Glory

No. of injuries: 11
Games missed: 30
Injury rank: 8
Table position: 8



Brisbane Roar

No. of injuries: 2
Games missed: 13
Injury rank: 4
Table position: 4



Melbourne Victory

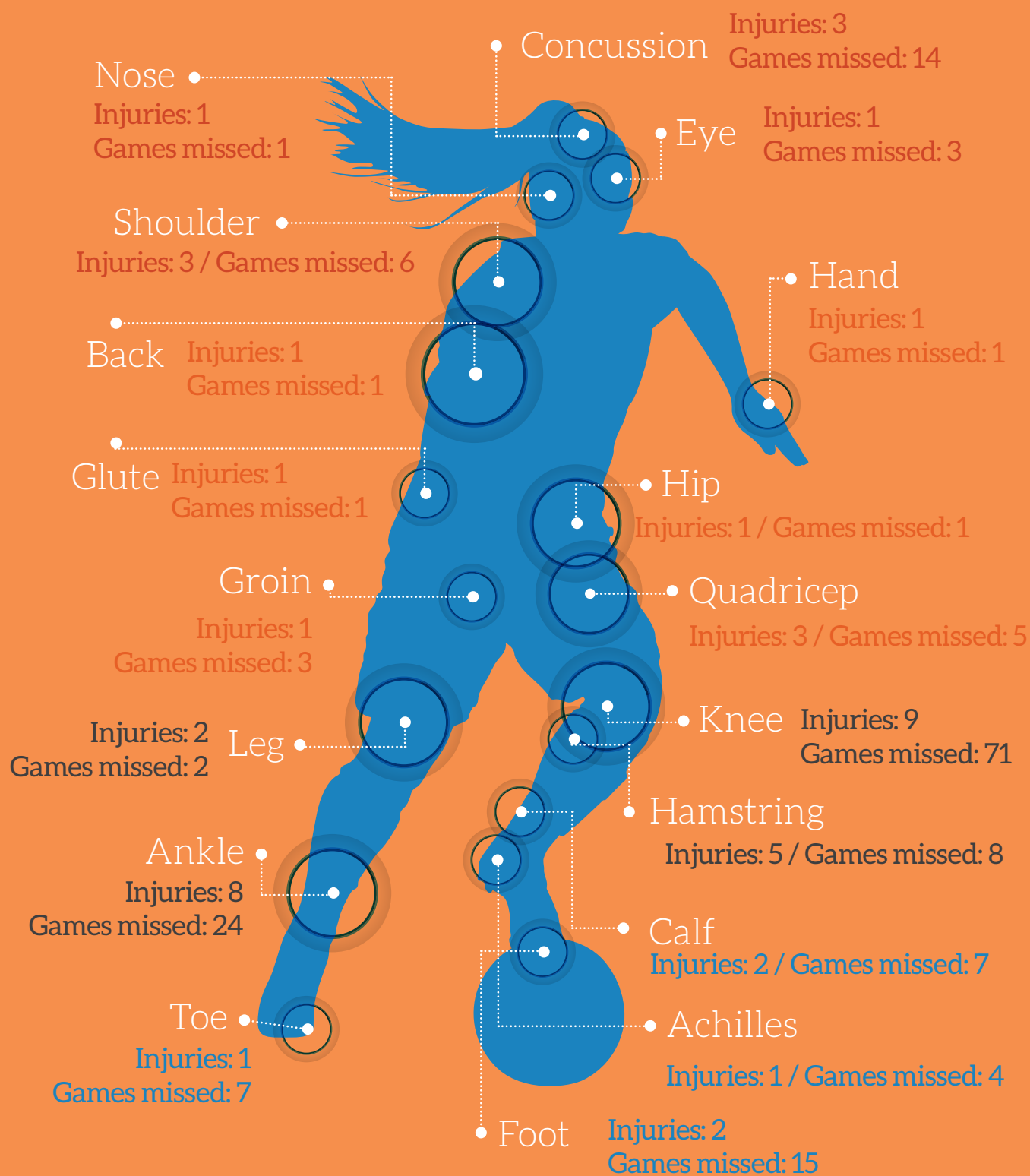
No. of injuries: 7
Games missed: 37
Injury rank: 9
Table position: 9



Adelaide United

No. of injuries: 4
Games missed: 13
Injury rank: 2
Table position: 5

LOCATION OF INJURIES



% of overall injuries

Knee:	19.5
Groin:	2.2
Ankle:	17.4
Quad:	6.5
Hamstring:	10.9
Calf:	4.3
Hip:	2.2
Toe:	2.2
Back:	2.2
Glute:	2.2
Hand:	2.2
Foot:	4.3
Leg:	4.3
Shoulder:	6.5
Concussion:	6.5
Achilles:	2.2
Eye:	2.2
Nose:	2.2



% of games missed

Knee:	40.8
Groin:	1.72
Ankle:	13.8
Quad:	2.9
Hamstring:	4.6
Calf:	4.02
Hip:	0.57
Toe:	4.02
Back:	0.57
Glute:	0.57
Hand:	0.57
Foot:	8.62
Leg:	1.15
Shoulder:	3.45
Concussion:	8.05
Achilles:	2.3
Eye:	1.72
Nose:	0.57



5 KNEE INJURIES IN THE W-LEAGUE

According to the latest scientific literature, female Players are especially at risk of knee injuries,

being **2 to 10 times more likely than men** to suffer from an anterior cruciate ligament (ACL) injury. With regard to the long lasting absence in training / competition, potential surgery and rehabilitation, an ACL injury is seen as one of the most severe in football. The highest risk for ACL injury in female Players is due to three main reasons:

- Biomechanical (unfavourable hip-knee-ankle joints alignment when landing);
- Neuromuscular (control and coordination of knee joint);
- Hormonal.



Number of knee injuries per club



2

Adelaide
United



1

Brisbane
Roar



1

Canberra
United



2

Melbourne
Victory



0

Newcastle
Jets



0

Perth
Glory



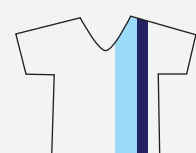
2

Sydney
FC



0

Western
Sydney
Wanderers



1

Melbourne
City



Games missed as a result of knee injuries
has more than doubled on last season's
total, rising from 35 games for the 2014
season to 71 for the 2015/16 season.



2015/16
Season

174

games missed
through injury

46

Injuries recorded



2014
Season

75

games missed
through injury

29

Injuries recorded



2013/14
Season

154

games missed
through injury

42

Injuries recorded

Comparison with Previous Seasons

Type of Injuries



FUTURE DIRECTIONS

Even with the introduction of a new team, the total number of injuries and games missed as a result of injury has significantly increased from the 2014 season. **Games missed as a result of knee injuries have doubled in comparison to last season and accounted for 40.8% of all games missed.**

Based on the past three editions of the PFA W-League Injury Report, scientific knowledge and the PFA's experience gathered through a decade of A-League injury reporting, several recommendations must be considered in order to protect players' health and safety in future W-League seasons:

- A healthy and safe working (training and competition) environment should be prioritised in all Clubs, especially those where Players are not exposed to a consistent standard/type of training and playing surfaces;
- Introduction of Minimum Medical Standards through a W-League collective bargaining agreement, which has been shown effective in the A-League for the reduction of musculoskeletal injuries;
- Introduction of a pre-competition medical assessment for all Players. Assessments should be the same from one club to another;
- A more consistent approach to the number of pitches the Players are required to perform on; and
- A proper balance between the domestic competition schedule and the continental/ international competition schedule in order to avoid game congestion and overload.

6 PROPOSED W-LEAGUE MINIMUM MEDICAL STANDARDS



The PFA proposes the introduction of the following W-League Minimum Medical Standards.



Medical Testing

Prior to the commencement of each season, each Club shall complete a Medical Assessment (incorporating the Lausanne Recommendations or equivalent) on all Players in their squad.



Club Physician

Each Club will have a certified specialist sports physician.



Club Trainers

All trainers shall hold a Sports Trainer Level 2 certification from Sports Medicine Australia or a tertiary qualification in Sports Conditioning.



Club Physiotherapists

Each Club shall have a registered physiotherapist available to Players immediately prior to and after training and at all matches.



Player Medical Records

Club doctors, physiotherapists, and trainers shall keep accurate records of Players' injuries, illnesses, physical complaints, diagnostic tests, medical advice provided and treatment.



Player's Right to a Surgeon of Her Choice

A Player will have the right to choose the surgeon who will perform surgery provided that: (a) if possible, the Player will consult with the Club physician, and (b) the Player will give due consideration to the Club physician's recommendations.



Player's Right to a Second Opinion

A Player will have the right to a second medical opinion by a medical practitioner of her choosing.

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



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