

Does Injury Rate Affect a Soccer Team's Level of Play?

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The data and statistics about injuries provides important epidemiological information and gives an idea about the level of football of that country. The primary aim of the present study was to make an overall assessment of injuries in the Turkish professional soccer league and to establish a baseline database for comparative purposes and for use in future studies.

The two seasons in Premiere and secondary Turkish League are evaluated. A total number of 1264 players from 42 teams were included in the study. 26 teams included in the study were from Premier League and the rest from Second Turkish League. A total of 779 injuries were reported, accounting for 19.8 injuries per 1000 hours, including both matches and training. When categorized separately by match or training, the numbers of injuries per 1000 hours were 17.3 and 21.2, respectively. The most common sites of injury were the thigh and ankle, and no statistical difference was determined between the Turkcell Premier League and the Second League. Strain was the most common diagnosis in both leagues, and sprain was the second most common diagnosis in the Premier League, while overuse injuries were the second most common in the Second League. Thigh strains were the dominant injuries among others. Nearly half of the injuries were categorized as mild, resulting in absences from matches or training of less than 1 week . Non-contact injuries accounted for 69% of all injuries. In both leagues, non-contact injuries accounted for the major portion of injuries during training.

In conclusion, the players are the keys for success in professional soccer. It is well known that injuries negatively affect the team's performance, moral values, results and financial status. This is an objective indication of the decline in the quality of the soccer of the country. The injury report from Turkish elite soccer is very demanding because our study sends serious messages to those countries that want to improve their soccer. Although the immediate cause of an injury involves a player, the event may arise from failings within the soccer club because the most important element of the current soccer played by either the national team or the soccer clubs is their stability and continuity. As a continuation of our study, the injury study that will be conducted in two years will determine how successful we were in our strategies, and our teams' rate of success in competitions will serve as objective proof and will be a further indication of the study's success.