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# Hip and groin problems in professional Swedish ice hockey: Seasonal prevalence, duration and relation to self-reported function in the beginning of the new season

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## Background

Hip and groin problems are a burden in ice hockey and suspected to differ between playing positions. However, the prevalence of hip and groin problems in male professional ice hockey is currently unknown.

## Purpose

To describe seasonal prevalence of hip and groin problems in male professional ice hockey players as well as the relation to self-reported hip and groin function in the beginning of the new season. Furthermore, potential differences between playing positions were explored.

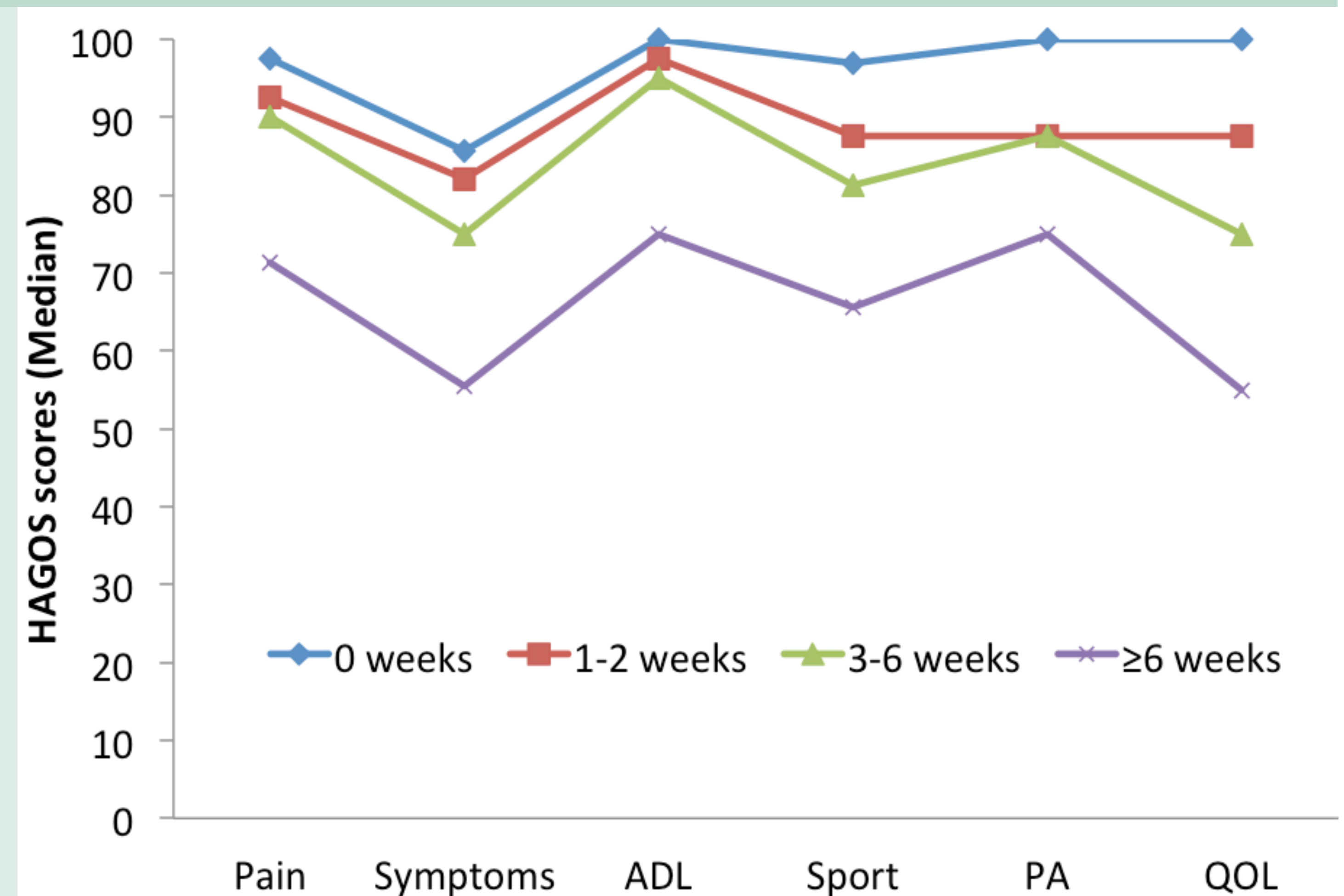
## Methods

Professional male ice hockey players (N=329) responded to an online-survey, assessing: (1) Prevalence and duration of hip and groin pain during previous season (2) Current hip and groin function [Copenhagen Hip and Groin Outcome Score (HAGOS)]

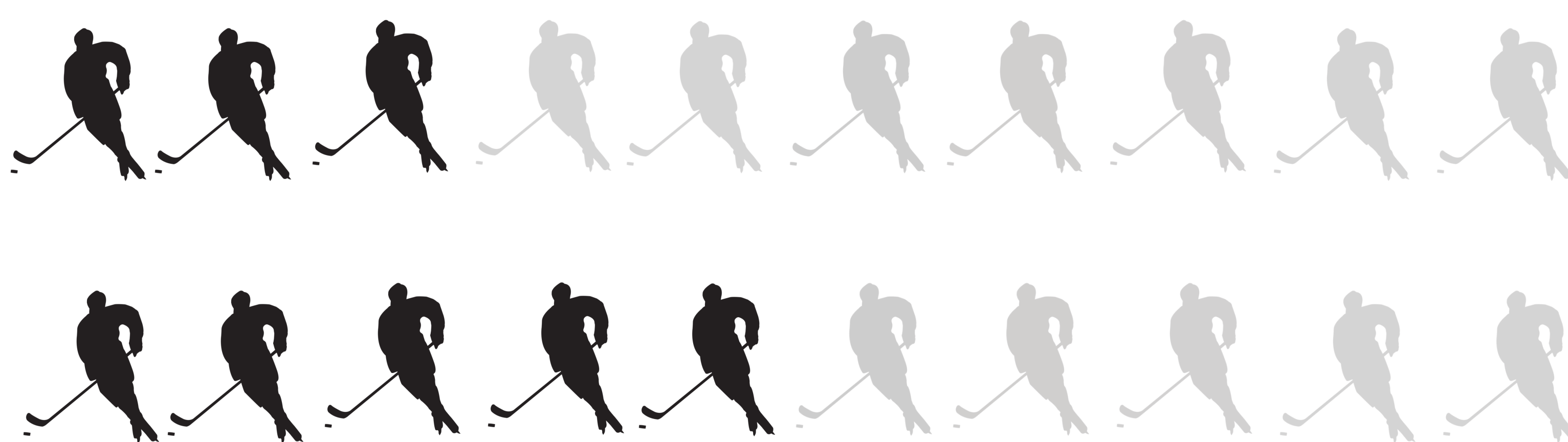
## Results

Prevalence of hip and groin problems during the previous season is illustrated in Figure 1. Players reported median symptom durations of 3 weeks with

an interquartile range of 1-4 weeks. Players with hip and groin problems during the previous season had worse HAGOS-scores than players without such experience ( $p < 0.001$ ). Players with longest symptom duration ( $\geq 6$  weeks) presented with worst HAGOS-scores ( $p$ 's  $\leq 0.026$ ) (Figure 2). No differences in prevalence of hip and groin problems or self-reported hip and groin function were found between playing positions.



**Figure 2:** HAGOS scores in the beginning of the new season in players with different hip and groin pain durations during the previous season



**Figure 1:** Prevalence of hip and groin problems

Hip and groin problems (time loss):

**29.5%**

Hip and groin problems (non time loss):

**48%**

## Conclusion

- Hip and groin problems are prevalent in professional male ice hockey, **regardless of playing position:**
- **1 in 2** players reported hip and groin problems during the previous season
- **3 in 10** players reported time-loss due to these problems
- Players reporting hip and groin problems during the previous season had significantly reduced self-reported hip and groin function in the beginning of the new season