



LUND UNIVERSITY

Seasonal prevalence of hip and groin problems in elite female ice hockey players and relation to self-reported function in the beginning of the new season

Wörner, Tobias; Thorborg, Kristian; Eek, Frida

2018

[Link to publication](#)

Citation for published version (APA):

Wörner, T., Thorborg, K., & Eek, F. (2018). *Seasonal prevalence of hip and groin problems in elite female ice hockey players and relation to self-reported function in the beginning of the new season*. Poster session presented at 1st Swiss Sports Med & Sportfisio Conference, Bern, Switzerland.

Total number of authors:

3

General rights

Unless other specific re-use rights are stated the following general rights apply:

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Read more about Creative commons licenses: <https://creativecommons.org/licenses/>

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

LUND UNIVERSITY

PO Box 117
221 00 Lund
+46 46-222 00 00



Seasonal prevalence of hip and groin problems in elite female ice hockey players and relation to self-reported function in the beginning of the new season

Wörner T¹, Thorborg K², Eek F¹

¹ Department of Health Sciences, Lund University, Sweden

² Sports Orthopaedic Research Center (SORC-C), Department of Orthopaedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Denmark

Background & Purpose

The prevalence and severity of hip and groin problems in women's elite ice hockey is unknown. Aim of this study was therefore to describe seasonal prevalence and duration of hip and groin problems in women's elite ice hockey, as well as the relation to self-reported hip and groin function in the beginning of the new season.

Methods

Sixty-nine elite players [Mean age (SD): 22 (5)] from the Swedish Women Hockey League (SWHL) responded to an online survey, assessing history and duration of hip and groin problems in the previous season and current self-reported 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 1.5 weeks with an interquartile range of 1-2.25 weeks. Players with hip and groin problems during the previous season reported worse hip function in the beginning of the following season compared to players without history of such problems ($p \leq 0.01$) (Figure 2).

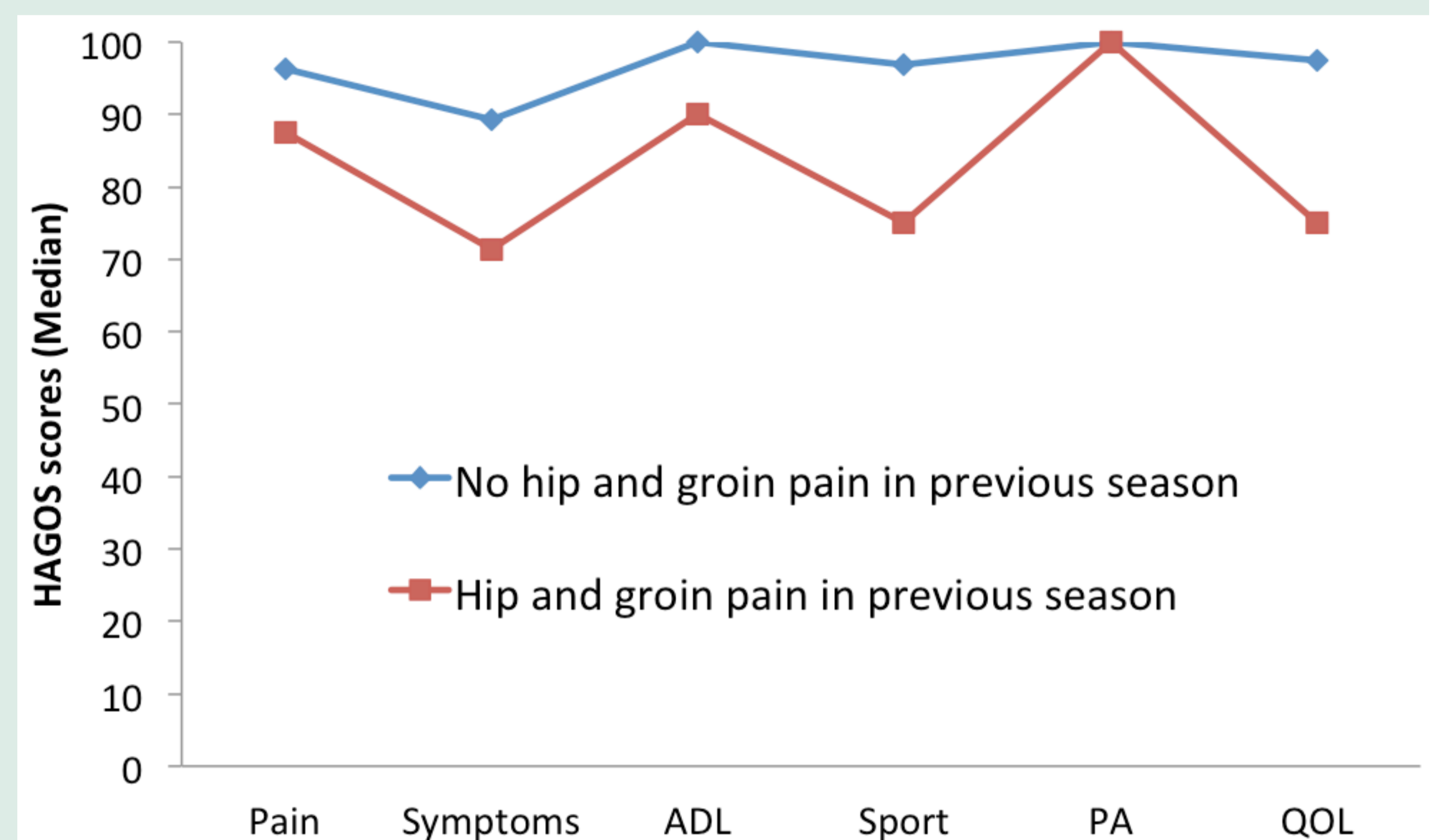


Figure 2: HAGOS scores in the beginning of the new season in players with different hip and groin pain durations during the previous season

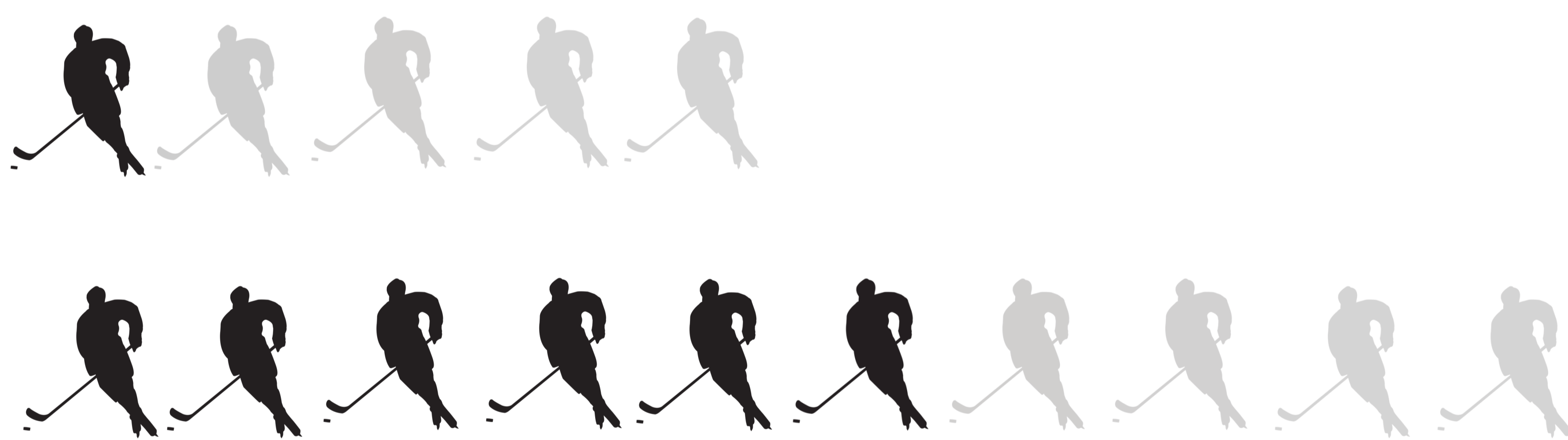


Figure 1: Prevalence of hip and groin problems

Hip and groin problems (time loss):

21.6%

Hip and groin problems (non time loss):

60.9%

Conclusion

- Hip and groin problems are prevalent in professional female ice hockey
- **2/3** of all players reported to have had hip and groin problems in the previous season
- **1 in 5** players reported time-loss due to hip and groin 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