



2017 AFL Injury Survey

Collaborators:

AFL Doctors Association

AFL Physiotherapists Association

AFL Football Operations Department

1 Key Indicators

All Injuries	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Incidence (new injuries per club per season)	40.3	36.9	37.4	35.8	34.4	34.1	34.8	35.3	34.0	34.6
Incidence (recurrent)	7.6	5.2	5.9	5.5	4.4	4.6	3.7	4.8	4.1	5.6
Incidence (total)	47.9	42.1	43.3	41.3	38.8	38.7	38.5	40.1	38.2	40.3
Prevalence (missed matches per club per season)	141.9	135.9	131.8	136.4	134.7	118.7	131.0	129.2	138.3	146.7
New injury severity (average missed matches)	2.9	3.2	2.9	3.1	3.5	3.0	3.2	3.2	3.6	3.4
Recurrent injury severity (average missed matches)	2.8	3.0	3.5	4.6	3.2	3.2	3.7	4.0	4.6	4.5
Recurrence rate	19%	14%	16%	15%	13%	14%	11%	14%	12%	16%
Clubs participating	16/16	16/16	16/16	16/16	16/16	16/16	16/16	16/16	16/16	16/16
Average players per club	41.7	41.7	41.4	43.4	43.0	42.2	42.8	43.3	43.9	44.2

All Injuries	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Incidence (new injuries per club per season)	36.9	37.8	38.7	38.4	38.1	41.5	36.1	37.7	37.0	35.1
Incidence (recurrent)	5.4	3.6	4.7	3.6	3.6	5.1	4.4	4.0	3.7	2.7
Incidence (total)	42.3	41.4	43.4	42.0	41.7	46.6	40.5	41.7	40.7	37.8
Prevalence (missed matches per club per season)	147.1	151.2	153.8	157.1	147.7	158.1	146.0	156.2	139.8	141.3
New injury severity (average missed matches)	3.5	3.4	3.4	3.7	3.4	3.3	3.4	3.5	3.4	3.5
Recurrent injury severity (average missed matches)	3.7	4.8	4.4	4.6	4.9	4.0	4.7	3.7	3.0	3.9
Recurrence rate	15%	10%	12%	9%	9%	12%	12%	11%	10%	8%
Clubs participating	16/16	16/16	16/16	17/17	18/18	18/18	18/18	18/18	18/18	18/18
Average players per club	44.6	46.1	46.4	46.9	46.7	45.4	45.1	45.4	45.8	45.3

Note: All injury statistics are club averages scaled to a consistent basis of a list of 40 players over a season of 22 matches.

2 Injury Incidence – New Injuries Per Club Per Season

New Categories:

Body Area	Injury	2017
Head	Concussion	1.46
	Fracture (e.g. Skull, maxilla, nose, mandible)	0.47
	Other head/face injury (e.g. Laceration, contusion, dental, eye injuries)	0.14
Neck	Facet joint/disc injury	0.05
	Fracture (e.g. Vertebral arch, transverse process)	0.00
	Other neck injury	0.05
Shoulder	Gleno-humeral joint - sprain/subluxation/cartilage/labral injury	0.70
	Gleno-humeral joint - dislocation	0.42
	AC joint - sprain/dislocation	0.66
	Sterno-clavicular (SC) joint - sprain/dislocation	0.05
	Clavicle – fracture	0.28
	Scapula – fracture	0.14
	Pectoral muscle - partial/complete tear	0.00
	Other shoulder injury (e.g. Rotator cuff tendinopathy, subacromial bursitis, etc)	0.23
Arm	Humerus fracture	0.00
	Other arm injury (e.g. Contusion)	0.00
Elbow	Elbow joint dislocation	0.09
	Elbow joint sprain (e.g. Medial ligament)	0.05
	Elbow fracture (e.g. Radial head)	0.05
	Other elbow injury (e.g. Chondral joint injury, ruptured biceps tendon, etc)	0.00
Forearm	Forearm (radius/ulna) fracture	0.14
	Other forearm injury (e.g. Contusion, muscle injury)	0.00
Wrist	Wrist sprain (e.g. Scapho-lunate ligament, distal radio-ulna joint, etc)	0.09
	Wrist (carpal bone) fracture (e.g. Scaphoid)	0.09
	Other wrist injury	0.00
Hand	Thumb/finger ligament injury	0.19
	Thumb/finger dislocation	0.05
	Hand fracture	0.70
	Thumb/finger tendon injury	0.09
	Other hand injury	0.05
Trunk	Costo-chondral joint sprain	0.05
	Rib fracture (including costal cartilage fracture)	0.23
	Internal chest or abdominal injury (e.g. Pneumothorax, bruised lungs, bruised/lacerated liver/spleen)	0.14
	Other chest or abdominal injury	0.42
Thoracic Spine	Thoracic Joint injury (e.g. Ligament sprain, facet joint arthropathy, disc degeneration, costo-vertebral joint, etc)	0.05
	Thoracic spine fracture (vertebral body, transverse process)	0.00
	Other thoracic spine injury	0.05

Lumbar Spine	Facet joint/Sacro-iliac joint mediated pain	0.19
	Fracture (e.g. Acute transverse process/spinous process, pars stress fracture)	0.14
	Disc injury (e.g. Prolapse)	0.42
	Other lumbar spine injury	0.14
Groin/Hip	Hip joint pain (i.e. Any intra-articular hip pathology e.g. Chondral, labral, FAI)	0.61
	Acute adductor strain	0.80
	Acute Iliopsoas strain	0.38
	Hip contusion (e.g. Iliac crest contusion)	0.05
	Chronic groin pain (including adductor tendinopathy, pubic bone stress, pubic symphysis overload)	0.75
	Other hip/groin injury	0.70
	Other buttock injury (e.g. Gluteal muscle strain, haematoma)	0.33
Hamstring	Hamstring strain	4.88
	Hamstring contusion	0.05
	Hamstring tendon rupture/avulsion	0.52
	Hamstring tendinopathy	0.19
	Other Hamstring (thigh) injury	0.19
Quadriceps	Quadriceps strain	0.99
	Quadriceps contusion	0.47
	Quadriceps tendon rupture/avulsion	0.00
	Quadriceps tendinopathy	0.00
	Other Quadriceps (thigh) injury	0.09
Knee	Meniscus injury	0.23
	Tibiofemoral joint articular cartilage (chondral) injury	0.38
	Patellofemoral joint articular cartilage (chondral) injury	0.05
	ACL injury	0.56
	MCL injury	0.56
	PCL injury	0.47
	LCL injury	0.14
	Patella tendon rupture/avulsion	0.00
	Patella tendinopathy	0.38
	Iliotibial band syndrome	0.05
	Other knee injuries	1.27
Leg	Acute leg (tibia and/or fibula) fracture	0.38
	Tibia stress fracture	0.05
	Fibula stress fracture	0.05
	Other leg injury	0.33
Calf	Calf strain	2.11
	Calf contusion	0.19
	Other calf (leg) injury	0.05
Achilles	Achilles tendon rupture/avulsion	0.00
	Achilles tendinopathy	0.47
Ankle	Cartilage injury	0.09
	Lateral/medial ligament sprain	1.22
	Syndesmosis injury	1.41
	Other ankle injury	0.47



Foot	Midfoot sprain (e.g. Lis franc injury)	0.19
	1st MTP joint sprain (turf toe)	0.42
	Acute foot fracture (e.g. Metatarsal)	0.33
	Foot stress fracture (e.g. Navicular, metatarsal, sesamoid)	0.80
	Plantar fascia rupture/avulsion	0.09
	Plantar fascia pain	0.00
	Other foot injury	0.52
Medical	Medical illness (including infections, mental health issues, etc)	2.30
Non-Specific	General soreness / management	0.28
	Non-football related injury	0.19
	TOTAL	35.07



Previous Categories:

Body Area	Injury Type	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Head/neck	Concussion	0.4	0.5	0.5	1.1	1.0	1.0	1.3	1.5	2.3	1.5
	Facial fractures	0.2	0.5	0.5	0.5	0.6	0.9	0.4	0.5	0.4	0.5
	Neck sprains	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0
	Other head and neck injuries	0.1	0.1	0.2	0.2	0.2	0.1	0.1	0.3	0.1	0.2
	TOTAL	0.9	1.1	1.3	1.9	1.9	2.1	1.9	2.5	2.8	2.2
Shoulder/arm/elbow	Shoulder sprains and dislocations	1.8	1.3	1.6	1.8	1.3	1.2	1.2	1.6	0.8	1.1
	A/C joint injuries	0.7	0.5	0.8	0.7	0.5	0.9	0.9	0.4	0.6	0.7
	Fractured clavicles	0.1	0.2	0.2	0.1	0.2	0.3	0.1	0.1	0.2	0.3
	Elbow sprains or joint injuries	0.1	0.2	0.2	0.3	0.3	0.1	0.1	0.1	0.1	0.2
	Other shoulder/arm/elbow injuries	0.3	0.1	0.3	0.4	0.6	0.3	0.4	0.7	0.7	0.4
	TOTAL	2.9	2.3	3.0	3.3	3.0	2.8	2.8	2.9	2.4	2.7
Forearm/wrist/hand	Forearm/wrist/hand fractures	1.2	1.1	1.2	1.6	0.8	0.8	1.1	1.2	1.2	0.9
	Other forearm/wrist/hand injuries	0.4	0.4	0.3	0.4	0.5	0.6	0.5	0.4	0.4	0.5
	TOTAL	1.6	1.4	1.5	2.0	1.4	1.4	1.6	1.5	1.6	1.4
Trunk/back	Rib and chest wall injuries	0.7	0.3	0.6	0.4	0.4	0.8	0.5	0.7	0.7	0.3
	Lumbar and thoracic spine injuries	1.5	1.4	1.7	1.4	1.5	2.0	1.7	1.4	0.8	0.9
	Other buttock/back/trunk injuries	0.7	0.5	0.4	0.6	0.9	0.1	0.5	0.7	0.8	1.0
	TOTAL	2.9	2.2	2.7	2.4	2.7	2.9	2.6	2.8	2.3	2.2
Hip/groin/thigh	Groin strains and osteitis pubis	3.2	3.3	4.1	2.8	2.6	2.7	2.5	2.2	1.6	1.5
	Hamstring strains	6.6	7.1	6.0	4.8	5.7	5.2	5.2	5.2	5.2	4.9
	Quadriceps strains	1.8	2.1	1.7	1.4	1.6	1.7	1.1	1.0	0.9	1.0
	Thigh and hip haematomas	0.5	1.0	1.1	0.5	0.4	1.3	0.8	0.5	0.4	0.5
	Hip joint/impingement injuries	0.5	0.7	0.6	1.0	1.2	1.1	0.3	0.0	0.1	0.6
	Other hip/groin/thigh injuries	0.3	0.3	0.1	0.0	0.0	0.0	0.0	1.6	2.2	2.1
	TOTAL	12.9	14.4	13.6	10.6	11.6	12.0	10.0	10.4	10.4	10.7
Knee	Knee ACL	0.9	0.7	0.6	0.9	0.8	1.0	0.7	0.7	0.8	0.6
	Knee MCL	1.3	0.7	0.8	1.0	0.9	0.7	0.7	0.9	0.9	0.6
	Knee PCL	0.3	0.3	0.4	0.6	0.3	0.5	0.2	0.5	0.4	0.5
	Knee cartilage injuries	1.6	2.0	1.7	1.5	1.0	1.5	1.0	1.1	0.8	0.7
	Knee and patella tendon injuries	0.3	0.5	0.4	0.6	1.0	0.7	0.4	0.5	0.3	0.4
	Other knee injuries	1.2	1.2	0.9	1.2	1.0	1.4	1.3	1.7	2.0	1.5
	TOTAL	5.6	5.3	4.7	5.8	4.9	5.8	4.3	5.3	5.2	4.1
Shin/ankle/foot	Ankle sprains or joint injuries	2.5	2.6	3.4	2.9	2.6	3.7	3.1	2.4	2.6	2.6
	Calf strains	2.0	1.3	1.7	2.1	3.0	3.7	2.6	2.9	2.3	2.1
	Achilles tendon injuries	0.6	0.6	0.4	0.9	0.7	0.5	0.9	0.6	0.4	0.5
	Leg and foot fractures	0.5	1.0	0.9	0.7	0.3	0.7	0.7	0.5	0.6	0.7
	Leg and foot stress fractures	0.9	0.9	1.2	1.4	1.4	1.3	1.7	0.7	0.3	0.9
	Other leg/foot/ankle injuries	1.1	1.5	1.7	2.5	2.0	2.3	1.3	2.8	3.0	2.3
	TOTAL	7.7	8.0	9.3	10.4	10.0	12.2	10.2	9.8	9.2	9.2
Medical	Medical illnesses	2.1	2.9	2.1	1.8	2.2	2.2	2.4	1.9	2.7	2.3
Non-football injuries		0.3	0.2	0.5	0.1	0.5	0.2	0.3	0.1	0.2	0.2
General soreness		-	-	-	-	-	-	-	0.3	0.2	0.3
NEW INJURIES/CLUB/SEASON		36.9	37.8	38.7	38.4	38.1	41.5	36.1	37.7	37.0	35.1

3 Injury Prevalence – Missed Matches Per Club Per Season

New Categories:

Body Area	Injury	2017
Head	Concussion	4.18
	Fracture (e.g. Skull, maxilla, nose, mandible)	1.27
	Other head/face injury (e.g. Laceration, contusion, dental, eye injuries)	0.19
Neck	Facet joint/disc injury	0.47
	Fracture (e.g. Vertebral arch, transverse process)	0.00
	Other neck injury	0.42
Shoulder	Gleno-humeral joint - sprain/subluxation/cartilage/labral injury	3.05
	Gleno-humeral joint – dislocation	3.15
	AC joint - sprain/dislocation	1.92
	Sterno-clavicular (SC) joint - sprain/dislocation	0.09
	Clavicle – fracture	1.55
	Scapula – fracture	0.33
	Pectoral muscle - partial/complete tear	0.00
	Other shoulder injury (e.g. Rotator cuff tendinopathy, subacromial bursitis, etc)	1.17
Arm	Humerus fracture	0.00
	Other arm injury (e.g. Contusion)	0.00
Elbow	Elbow joint dislocation	0.33
	Elbow joint sprain (e.g. Medial ligament)	0.05
	Elbow fracture (e.g. Radial head)	0.33
	Other elbow injury (e.g. Chondral joint injury, ruptured biceps tendon, etc)	0.00
Forearm	Forearm (radius/ulna) fracture	0.56
	Other forearm injury (e.g. Contusion, muscle injury)	0.00
Wrist	Wrist sprain (e.g. Scapho-lunate ligament, distal radio-ulna joint, etc)	0.09
	Wrist (carpal bone) fracture (e.g. Scaphoid)	0.42
	Other wrist injury	0.00
Hand	Thumb/finger ligament injury	0.19
	Thumb/finger dislocation	0.14
	Hand fracture	2.02
	Thumb/finger tendon injury	0.56
	Other hand injury	0.05
Trunk	Costo-chondral joint sprain	0.14
	Rib fracture (including costal cartilage fracture)	0.89
	Internal chest or abdominal injury (e.g. Pneumothorax, bruised lungs, bruised/lacerated liver/spleen)	0.52
	Other chest or abdominal injury	1.27
Thoracic Spine	Thoracic Joint injury (e.g. Ligament sprain, facet joint arthropathy, disc degeneration, costo-vertebral joint, etc)	0.09
	Thoracic spine fracture (vertebral body, transverse process)	0.00
	Other thoracic spine injury	0.05

Lumbar Spine	Facet joint/Sacro-iliac joint mediated pain	0.38
	Fracture (e.g. Acute transverse process/spinous process, pars stress fracture)	0.70
	Disc injury (e.g. Prolapse)	1.36
	Other lumbar spine injury	0.28
Groin/Hip	Hip joint pain (i.e. Any intra-articular hip pathology e.g. Chondral, labral, FAI)	2.35
	Acute adductor strain	1.22
	Acute Iliopsoas strain	0.52
	Hip contusion (e.g. Iliac crest contusion)	0.05
	Chronic groin pain (including adductor tendinopathy, pubic bone stress, pubic symphysis overload)	4.41
	Other hip/groin injury	2.58
	Other buttock injury (e.g. Gluteal muscle strain, haematoma)	0.38
Hamstring	Hamstring strain	16.62
	Hamstring contusion	0.28
	Hamstring tendon rupture/avulsion	2.68
	Hamstring tendinopathy	0.28
	Other Hamstring (thigh) injury	0.23
Quadriceps	Quadriceps strain	2.68
	Quadriceps contusion	0.80
	Quadriceps tendon rupture/avulsion	0.00
	Quadriceps tendinopathy	0.00
	Other Quadriceps (thigh) injury	0.09
Knee	Meniscus injury	0.47
	Tibiofemoral joint articular cartilage (chondral) injury	1.36
	Patellofemoral joint articular cartilage (chondral) injury	0.14
	ACL injury	14.22
	MCL injury	1.50
	PCL injury	5.12
	LCL injury	0.38
	Patella tendon rupture/avulsion	0.00
	Patella tendinopathy	0.80
	Iliotibial band syndrome	0.23
	Other knee injuries	4.27
Leg	Acute leg (tibia and/or fibula) fracture	4.13
	Tibia stress fracture	0.14
	Fibula stress fracture	0.09
	Other leg injury	1.41
Calf	Calf strain	6.01
	Calf contusion	0.23
	Other calf (leg) injury	0.05
Achilles	Achilles tendon rupture/avulsion	0.14
	Achilles tendinopathy	2.11
Ankle	Cartilage injury	0.09
	Lateral/medial ligament sprain	3.85
	Syndesmosis injury	8.07
	Other ankle injury	1.08



Foot	Midfoot sprain (e.g. Lis franc injury)	1.69
	1st MTP joint sprain (turf toe)	2.72
	Acute foot fracture (e.g. Metatarsal)	1.64
	Foot stress fracture (e.g. Navicular, metatarsal, sesamoid)	7.18
	Plantar fascia rupture/avulsion	0.14
	Plantar fascia pain	0.00
	Other foot injury	2.25
Medical	Medical illness (including infections, mental health issues, etc)	4.65
Non-Specific	General soreness / management	0.33
	Non-football related injury	1.36
	TOTAL	141.26



Previous Categories:

Body Area	Injury Type	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Head/neck	Concussion	0.5	0.7	0.8	2.2	1.6	1.3	1.6	4.2	5.6	4.2
	Facial fractures	0.5	1.1	1.4	1.6	1.5	2.6	0.9	0.9	0.8	1.3
	Neck sprains	1.1	0.1	0.1	1.5	0.1	0.3	0.0	0.1	0.0	0.5
	Other head and neck injuries	0.1	0.3	1.3	0.2	0.3	0.2	0.2	1.7	0.1	0.6
	TOTAL	2.2	2.2	3.5	5.6	3.5	4.4	2.8	7.0	6.5	6.5
Shoulder/arm/elbow	Shoulder sprains and dislocations	10.2	7.7	10.9	12.1	9.0	7.1	9.8	11.5	3.3	6.2
	A/C joint injuries	1.5	1.2	1.5	2.3	1.0	2.0	3.2	1.4	1.3	2.0
	Fractured clavicles	1.1	0.6	0.7	0.6	0.6	1.4	0.8	0.5	1.1	1.5
	Elbow sprains or joint injuries	0.5	1.5	0.2	1.3	0.7	0.4	0.8	0.8	0.1	0.7
	Other shoulder/arm/elbow injuries	0.7	1.0	0.3	1.3	2.1	1.2	3.1	2.7	2.7	1.5
	TOTAL	14.0	12.1	13.5	17.7	13.4	12.0	17.7	16.8	8.5	12.0
Forearm/wrist/hand	Forearm/wrist/hand fractures	3.2	4.8	3.4	5.4	3.3	2.9	3.5	4.0	4.2	3.0
	Other forearm/wrist/hand injuries	1.4	0.8	1.1	1.8	1.6	1.7	1.5	1.6	1.6	1.0
	TOTAL	4.6	5.7	4.5	7.2	5.0	4.6	5.0	5.6	5.8	4.0
Trunk/back	Rib and chest wall injuries	1.3	0.6	1.3	0.7	0.9	1.7	1.0	2.3	2.9	1.0
	Lumbar and thoracic spine injuries	5.0	4.6	6.9	5.9	5.9	4.7	5.9	3.6	3.0	2.6
	Other buttock/back/trunk injuries	1.3	1.2	1.0	1.7	1.7	0.1	1.4	2.3	2.4	2.4
	TOTAL	7.6	6.4	9.2	8.3	8.5	6.5	8.4	8.2	8.3	6.1
Hip/groin/thigh	Groin strains and osteitis pubis	12.4	11.7	15.3	7.9	7.1	7.0	6.7	7.1	4.2	5.6
	Hamstring strains	25.8	21.8	20.6	16.5	21.5	20.8	20.7	19.1	19.7	16.6
	Quadriceps strains	6.5	8.4	6.3	5.7	4.0	5.1	3.5	2.2	2.4	2.7
	Thigh and hip haematomas	0.6	1.2	1.9	0.7	0.5	2.0	1.1	0.6	0.5	0.8
	Hip joint/impingement injuries	2.8	5.4	4.5	5.7	5.6	4.6	0.8	0.0	0.7	2.3
	Other hip/groin/thigh injuries	0.6	1.3	0.2	0.2	0.0	0.0	0.0	5.9	6.0	6.7
	TOTAL	48.8	49.7	48.8	36.8	38.6	39.6	32.8	34.9	33.5	34.8
Knee	Knee ACL	15.3	11.1	7.8	13.6	13.5	17.8	11.1	16.7	12.9	14.2
	Knee MCL	4.0	2.3	2.5	3.2	3.5	2.0	2.6	2.3	2.8	1.5
	Knee PCL	2.2	1.2	3.2	4.8	2.0	3.3	1.1	3.2	3.7	5.1
	Knee cartilage injuries	8.5	10.7	13.0	7.6	4.8	9.7	4.5	6.5	4.4	2.0
	Knee and patella tendon injuries	1.1	0.8	0.8	2.3	2.8	3.1	2.4	2.7	1.7	0.8
	Other knee injuries	3.6	4.4	3.3	3.7	3.2	3.7	5.9	5.9	8.2	4.9
	TOTAL	34.7	30.6	30.5	35.1	29.8	39.5	27.6	37.4	33.7	28.5
Shin/ankle/foot	Ankle sprains or joint injuries	7.0	8.9	9.2	8.7	10.5	12.1	10.0	7.2	9.9	11.9
	Calf strains	4.4	3.0	3.7	5.5	7.1	10.6	8.1	5.9	7.6	6.0
	Achilles tendon injuries	4.1	2.2	3.4	4.0	5.0	2.2	4.0	2.5	1.6	2.3
	Leg and foot fractures	3.2	7.5	7.6	4.6	4.5	4.3	6.9	4.1	5.4	5.8
	Leg and foot stress fractures	7.3	11.2	8.5	10.6	9.1	10.9	14.2	8.6	1.7	7.4
	Other leg/foot/ankle injuries	4.6	6.8	5.7	9.3	6.6	6.9	4.5	14.0	9.6	9.7
	TOTAL	30.6	39.6	38.1	42.7	42.6	47.1	47.6	42.4	35.8	43.0
Medical	Medical illnesses	3.5	3.7	3.2	3.2	4.2	4.2	3.7	3.2	6.8	4.6
Non-football injuries		1.1	1.3	2.4	0.5	2.1	0.3	0.5	0.1	0.5	1.4
General soreness		-	-	-	-	-	-	-	0.4	0.4	0.3
MISSED MATCHES/CLUB/SEASON		147.1	151.2	153.8	157.1	147.7	158.1	146.0	156.2	139.8	141.3

4 Injury Recurrence – Same Injury Type on Same Side Within Same Season

New Categories:

Body Area	Injury	2017
Head	Concussion	6%
	Fracture (e.g. Skull, maxilla, nose, mandible)	0%
	Other head/face injury (e.g. Laceration, contusion, dental, eye injuries)	0%
Neck	Facet joint/disc injury	0%
	Fracture (e.g. Vertebral arch, transverse process)	0%
	Other neck injury	0%
Shoulder	Gleno-humeral joint - sprain/subluxation/cartilage/labral injury	7%
	Gleno-humeral joint – dislocation	0%
	AC joint - sprain/dislocation	0%
	Sterno-clavicular (SC) joint - sprain/dislocation	0%
	Clavicle – fracture	0%
	Scapula – fracture	0%
	Pectoral muscle - partial/complete tear	0%
	Other shoulder injury (e.g. Rotator cuff tendinopathy, subacromial bursitis, etc)	20%
Arm	Humerus fracture	0%
	Other arm injury (e.g. Contusion)	0%
Elbow	Elbow joint dislocation	0%
	Elbow joint sprain (e.g. Medial ligament)	0%
	Elbow fracture (e.g. Radial head)	0%
	Other elbow injury (e.g. Chondral joint injury, ruptured biceps tendon, etc)	0%
Forearm	Forearm (radius/ulna) fracture	0%
	Other forearm injury (e.g. Contusion, muscle injury)	0%
Wrist	Wrist sprain (e.g. Scapho-lunate ligament, distal radio-ulna joint, etc)	0%
	Wrist (carpal bone) fracture (e.g. Scaphoid)	0%
	Other wrist injury	0%
Hand	Thumb/finger ligament injury	0%
	Thumb/finger dislocation	0%
	Hand fracture	0%
	Thumb/finger tendon injury	0%
	Other hand injury	0%
Trunk	Costo-chondral joint sprain	0%
	Rib fracture (including costal cartilage fracture)	0%
	Internal chest or abdominal injury (e.g. Pneumothorax, bruised lungs, bruised/lacerated liver/spleen)	0%
	Other chest or abdominal injury	22%
Thoracic Spine	Thoracic Joint injury (e.g. Ligament sprain, facet joint arthropathy, disc degeneration, costo-vertebral joint, etc)	0%
	Thoracic spine fracture (vertebral body, transverse process)	0%
	Other thoracic spine injury	0%

Lumbar Spine	Facet joint/Sacro-iliac joint mediated pain	0%
	Fracture (e.g. Acute transverse process/spinous process, pars stress fracture)	0%
	Disc injury (e.g. Prolapse)	11%
	Other lumbar spine injury	0%
Groin/Hip	Hip joint pain (i.e. Any intra-articular hip pathology e.g. Chondral, labral, FAI)	8%
	Acute adductor strain	0%
	Acute Iliopsoas strain	0%
	Hip contusion (e.g. Iliac crest contusion)	0%
	Chronic groin pain (including adductor tendinopathy, pubic bone stress, pubic symphysis overload)	0%
	Other hip/groin injury	0%
	Other buttock injury (e.g. Gluteal muscle strain, haematoma)	0%
Hamstring	Hamstring strain	14%
	Hamstring contusion	0%
	Hamstring tendon rupture/avulsion	9%
	Hamstring tendinopathy	25%
	Other Hamstring (thigh) injury	0%
Quadriceps	Quadriceps strain	0%
	Quadriceps contusion	0%
	Quadriceps tendon rupture/avulsion	0%
	Quadriceps tendinopathy	0%
	Other Quadriceps (thigh) injury	0%
Knee	Meniscus injury	0%
	Tibiofemoral joint articular cartilage (chondral) injury	38%
	Patellofemoral joint articular cartilage (chondral) injury	0%
	ACL injury	0%
	MCL injury	17%
	PCL injury	50%
	LCL injury	0%
	Patella tendon rupture/avulsion	0%
	Patella tendinopathy	25%
	Iliotibial band syndrome	0%
	Other knee injuries	11%
Leg	Acute leg (tibia and/or fibula) fracture	0%
	Tibia stress fracture	0%
	Fibula stress fracture	0%
	Other leg injury	0%
Calf	Calf strain	4%
	Calf contusion	0%
	Other calf (leg) injury	0%
Achilles	Achilles tendon rupture/avulsion	0%
	Achilles tendinopathy	0%
Ankle	Cartilage injury	0%
	Lateral/medial ligament sprain	15%
	Syndesmosis injury	13%
	Other ankle injury	0%



Foot	Midfoot sprain (e.g. Lis franc injury)	0%
	1st MTP joint sprain (turf toe)	33%
	Acute foot fracture (e.g. Metatarsal)	0%
	Foot stress fracture (e.g. Navicular, metatarsal, sesamoid)	6%
	Plantar fascia rupture/avulsion	0%
	Plantar fascia pain	0%
	Other foot injury	9%
Medical	Medical illness (including infections, mental health issues, etc)	6%
Non-Specific	General soreness / management	0%
	Non-football related injury	0%
AVERAGE INJURY RECURRENCE RATE		8%



Previous Categories:

Body Area	Injury Type	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Shoulder/arm/elbow	Shoulder sprains and dislocations	9%	12%	26%	11%	14%	4%	52%	9%	6%	4%
Hip/groin/thigh	Groin strains/osteitis pubis	23%	19%	20%	15%	19%	11%	11%	20%	12%	0%
	Hamstring strains	27%	18%	14%	12%	14%	24%	16%	16%	15%	14%
	Quadriceps strains	15%	15%	18%	7%	3%	19%	0%	5%	5%	0%
Shin/ankle/foot	Ankle sprains or joint injuries	9%	10%	5%	13%	5%	20%	18%	4%	11%	14%
	Calf strains	5%	0%	12%	5%	6%	16%	16%	8%	4%	4%
AVERAGE INJURY RECURRENCE RATE		15%	10%	12%	9%	9%	12%	12%	11%	10%	8%

5 Injury Incidence Breakdown

Injury Category	2017 Incidence	Per 1000 Player Hours	AFL Injuries			State League Injuries		
			Match	Training	Other	Match	Training	Other
Concussion	1.46	1.51	48%	6%	0%	39%	3%	3%
Other Head and Neck	0.70	0.81	53%	7%	0%	33%	7%	0%
Shoulder	2.49	3.32	62%	6%	2%	26%	4%	0%
Elbow, Wrist and Hand	1.60	2.11	62%	12%	3%	24%	0%	0%
Trunk and Back	1.83	1.41	36%	23%	5%	26%	10%	0%
Groin and Hip	3.61	3.02	39%	21%	0%	26%	12%	3%
Hamstring	5.82	6.54	52%	13%	2%	20%	12%	0%
Quadriceps	1.55	1.01	30%	42%	0%	18%	9%	0%
ACL (Knee)	0.56	0.70	58%	17%	0%	17%	8%	0%
MCL, PCL, LCL (Knee)	1.17	1.61	64%	12%	0%	24%	0%	0%
Other Knee	2.35	2.52	50%	16%	2%	18%	12%	2%
Ankle	3.19	2.82	41%	21%	0%	28%	9%	1%
Calf	2.35	1.81	36%	30%	0%	20%	14%	0%
Achilles	0.47	0.50	50%	50%	0%	0%	0%	0%
Other Leg and Foot	3.15	2.72	40%	19%	0%	27%	12%	1%
Medical illness	2.30	-	-	-	-	-	-	-
General soreness / management	0.28	-	-	-	-	-	-	-
Non-football related injury	0.19	-	-	-	-	-	-	-
TOTAL	35.07	32.41	47%	18%	1%	24%	9%	1%



6 Injury Prevalence Breakdown

Injury Category	2017 Prevalence				AFL Injuries			State League Injuries		
	All Injuries	New Injuries	Recurrent Injuries	Onset Prev Year	Match	Training	Other	Match	Training	Other
Concussion	4.18	3.38	0.80	0.00	48%	12%	0%	34%	1%	4%
Other Head and Neck	2.35	2.35	0.00	0.00	46%	4%	0%	30%	20%	0%
Shoulder	11.27	10.99	0.28	0.00	53%	8%	3%	26%	10%	0%
Elbow, Wrist and Hand	4.74	4.74	0.00	0.00	63%	14%	1%	22%	0%	0%
Trunk and Back	5.68	5.16	0.52	0.00	47%	19%	7%	20%	7%	0%
Groin and Hip	11.50	11.27	0.09	0.14	45%	10%	0%	32%	9%	4%
Hamstring	20.09	17.93	2.16	0.00	55%	10%	2%	24%	10%	0%
Quadriceps	3.57	3.57	0.00	0.00	29%	57%	0%	9%	5%	0%
ACL (Knee)	14.22	8.78	0.00	5.45	68%	13%	0%	7%	13%	0%
MCL, PCL, LCL (Knee)	6.99	4.51	2.49	0.00	88%	3%	0%	9%	0%	0%
Other Knee	7.28	6.06	1.22	0.00	54%	14%	1%	14%	17%	1%
Ankle	13.10	11.78	1.31	0.00	50%	13%	0%	27%	10%	0%
Calf	6.29	5.87	0.42	0.00	31%	47%	0%	13%	9%	0%
Achilles	2.25	2.11	0.00	0.14	29%	71%	0%	0%	0%	0%
Other Leg and Foot	21.41	19.20	0.75	1.46	37%	17%	0%	26%	13%	7%
Medical illness	4.65	4.18	0.47	0.00	-	-	-	-	-	-
General soreness / management	0.33	0.33	0.00	0.00	-	-	-	-	-	-
Non-football related injury	1.36	1.36	0.00	0.00	-	-	-	-	-	-
TOTAL	141.26	123.56	10.52	7.18	51%	16%	1%	21%	9%	2%

7 Injury Severity Breakdown

Injury Category	New Injuries			Recurrent Injuries		
	Incidence	Prevalence	Severity	Incidence	Prevalence	Severity
Concussion	1.46	3.38	2.32	0.09	0.80	8.50
Other Head and Neck	0.70	2.35	3.33	-	-	-
Shoulder	2.49	10.99	4.42	0.09	0.28	3.00
Elbow, Wrist and Hand	1.60	4.74	2.97	-	-	-
Trunk and Back	1.83	5.16	2.82	0.14	0.52	3.67
Groin and Hip	3.61	11.27	3.12	0.05	0.09	2.00
Hamstring	5.82	17.93	3.08	0.80	2.16	2.71
Quadriceps	1.55	3.57	2.30	-	-	-
ACL (Knee)	0.56	8.78	15.58	-	-	-
MCL, PCL, LCL (Knee)	1.17	4.51	3.84	0.33	2.49	7.57
Other Knee	2.35	6.06	2.58	0.38	1.22	3.25
Ankle	3.19	11.78	3.69	0.38	1.31	3.50
Calf	2.35	5.87	2.50	0.09	0.42	4.50
Achilles	0.47	2.11	4.50	-	-	-
Other Leg and Foot	3.15	19.20	6.10	0.23	0.75	3.20
Medical illness	2.30	4.18	1.82	0.14	0.47	3.33
General soreness / management	0.28	0.33	1.17	-	-	-
Non-football related injury	0.19	1.36	7.25	-	-	-
TOTAL	35.07	123.56	3.52	2.72	10.52	3.86



8 AFL Concussion Audit – Diagnosed Concussions From AFL Matches (Regardless of Matches Missed)

Summary of AFL Concussion Audit (2011-2017):

Year	Number of Concussions	Number of Clubs	Games	Player Hours	Incidence (Per 1000 Player Hours)	Average AFL Concussions Per Club	Incidence (Per Club Per Season) ^
2011	75	17/17	392	9408	7.97 (95% CI 6.27-9.90)	4.41	8.42
2012	68	13/18	300	7200	9.44 (95% CI 7.33-11.97)	5.23	9.97
2013	61	17/18	389	9336	6.53 (95% CI 4.89-8.17)	3.59	6.90
2014	58	18/18	413	9912	5.85 (95% CI 4.44-7.56)	3.22	6.18
2015	52	16/18	360	8640	6.02 (95% CI 4.39-7.65)	3.25	6.36
2016	63	17/18	391	9384	6.71 (95% CI 5.06-8.37)	3.71	7.09
2017	63	17/18	392	9408	6.70 (95% CI 5.04-8.35)	3.71	7.07
TOTAL	440	115	2637	63286	7.03 (95% CI 6.38-7.68)	3.83	7.34

^ Calculated as number of concussions per club per season (assuming 40 players and 22 rounds per season).

9 Observations

- The overall incidence (35.1 new injuries per club), prevalence (141.3 matches missed per club) and injury recurrence rate (8%) remained relatively stable when compared to recent years.
- Hamstring strains remain the most common injury, with an incidence of 4.9 new injuries per club and are the most common cause of matches missed (16.6 matches missed per club). The rate of hamstring strains continues to be relatively stable, although the prevalence and recurrence rates (14%) are low compared to recent years.
- After a spike in calf injuries in 2013, they have since returned to historical levels with an incidence of 2.1 new injuries per club.
- The incidence (0.9 injuries per club) and prevalence (7.4 matches missed per club) of leg and foot stress fractures has returned to historical levels. The reason for lower incidence and prevalence in 2016 remains unclear.
- Concussion rates remain relatively stable with approximately 7 injuries per team per year (all diagnosed concussions, not just those that cause missed matches). The incidence and prevalence of concussions causing matches to be missed appears to have levelled off in 2017, although concussions continue to be managed conservatively.