

Summary

The number of sports injuries in the Netherlands is about 1.5 million every year. An adequate registration is necessary to gain insight in frequency, characteristics and consequences of sports injuries and the effect of preventive measures. TNO Quality of Life has developed a web based registration system called BIS (Injury Information System) to support sports organisations and clubs to register systematically sports injuries in their organisation.

During the season 2004-2005 and 2005-2006 the system was used for hockey, korfbal, soccer and running. BIS was developed in cooperation with sports leagues (KNVB, KNHB, KNKV, KNAU) a great number of sports clubs, NOC*NSF and the University Medical Centre Utrecht.

For each of the four sports a representative cohort of sports participants (the panel) was followed. Data on background, sports injuries and recovery were collected and registered by injury-contact-persons on a special website. An important function of BIS is providing up to date feedback of injury-data for each individual participating club in comparison with all participating clubs. Additional information on sports injuries, prevention and treatment is available in BIS for each sport.

In short BIS a sports injury registration and information system that can support and direct prevention of sports injuries for sports clubs, sports participants and sports leagues.

The injury incidences (amount of injuries per 1.000 hours of sports) for the four sports are:

- Hockey 0,8
- Korfbal 1,4
- Soccer 1,3
- Running 0,6

The differences in incidences are considerable for each sport. There are also differences in incidences between training/match, field/indoor, senior/junior, playing level and individual clubs. This kind of information can help to develop preventive measures tailored for each club.

In this report among other things localisation (predominantly knee and ankle) and diagnose (sprain, strain, muscle/ligament damage) are described for each sport. Running for example has a different injury pattern in comparison with the other three sports. Risk factors to sustain a sports injury and preventive measures are also described in this report.

In general BIS provides for (all) sports leagues and sports clubs a great opportunity to survey sports injuries and develop tailored prevention. To build a good dataset it is very important to register systematically 100% of all sports injuries during a whole season. This dataset provides feedback for sports leagues and can be used by sports clubs to compare themselves with other sports clubs. A sports injury portal on the internet to bring together all information on sports injuries can be useful for a successful further implementation of BIS.