FQC CRANFIELD

MEDICAL STUDY
Study Design

• All players in the A-team
• All training sessions
• All matches (including matches with national teams)
• Injury = absence from training or match
RECORDS

- Informed Consent
- Attendance Record
- Injury Record
Injury Comparison

- 3 injury studies
- UCL Study
- Artificial Turf
- Tournaments
- 62 teams
- 15 countries
- 4500 injuries over 5 seasons
- 600 000 Hours of exposure
Artificial Turf Injuries

- 14 teams (10 male, 4 female)
- Elite Level (highest 2 leagues)
- 6 countries in Europe
- >2 years follow up (166 team months)
- Comparison injury risk artificial vs natural
- 93,000 Hours of exposure
- 758 injuries
Injuries/1000 Hours of exposure
First Team Matches

- Natural
- Artificial
- No Difference
CONCLUSION

• The Overall Risk of Injury is not greater when playing on artificial turf compared to playing on grass.
Traumatic Injuries / 1000 match hours
Overuse Injuries/ 1000 hours

Natural

Artificial

No Difference
Muscle-tendon injuries/100 hours match use

![Bar chart showing muscle-tendon injuries per 100 hours of match use. The chart compares natural and artificial surfaces, with no difference indicated.

- Tendon injuries:
  - Natural: 6
  - Artificial: 4
  - No Difference: 0

- Lower Limb injuries:
  - Natural: 5
  - Artificial: 5
  - No Difference: 0]
Major Injuries/1000 match hours

- Natural
- Artificial
- No difference