

# FQC CRANFIELD

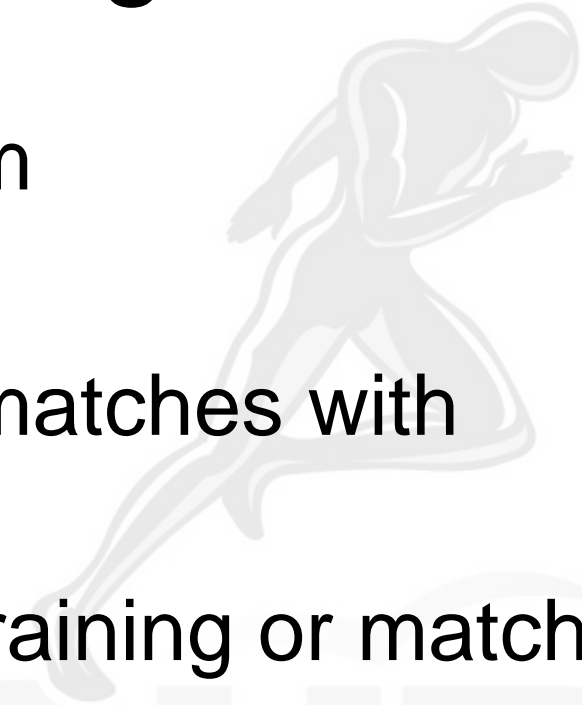
MEDICAL  
STUDY

SPORTSURI

*Sport Surfaces Research Forum*

# Study Design

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



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# RECORDS

- Informed Consent
- Attendance Record
- Injury Record



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# Injury Comparison

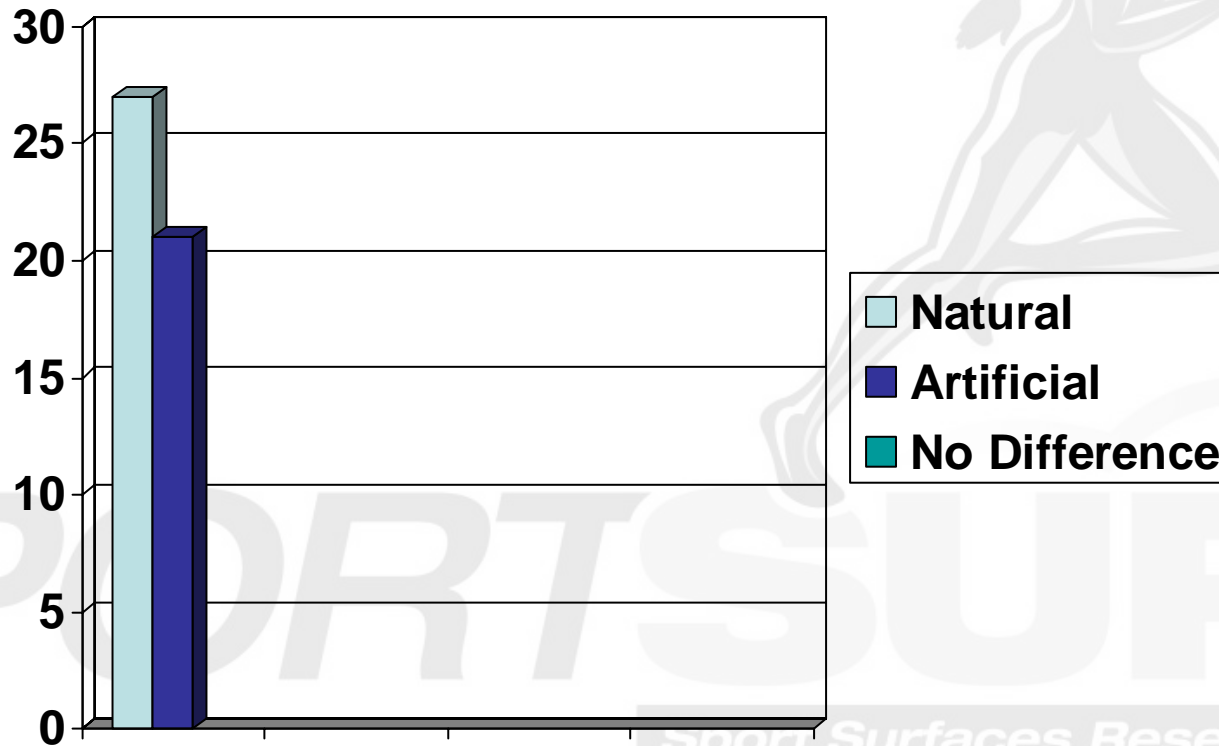
- 3 injury studies
- UCL Study
- Artificial Turf
- Tournaments
- 62 teams
- 15 countries
- 4500 injuries over 5 seasons
- 600 000 Hours of exposure



# 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

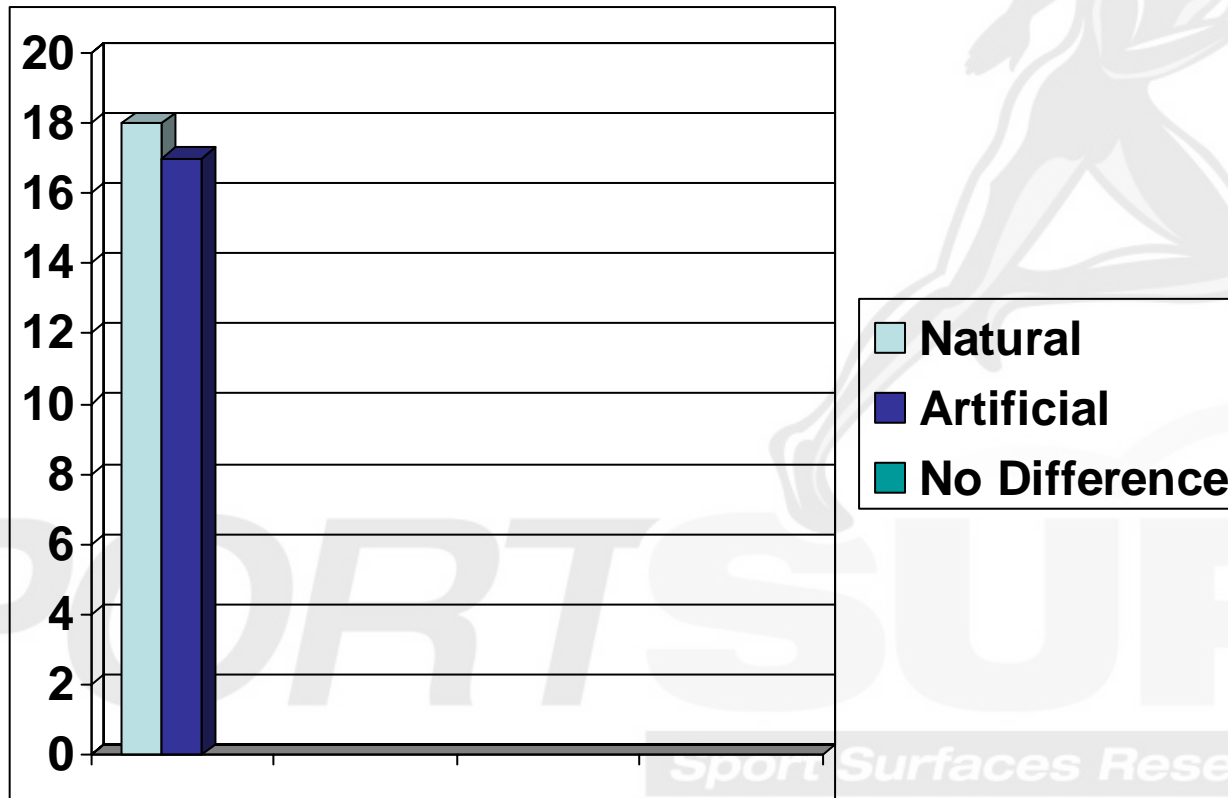
# Injuries/1000 Hours of exposure First Team Matches



# CONCLUSION

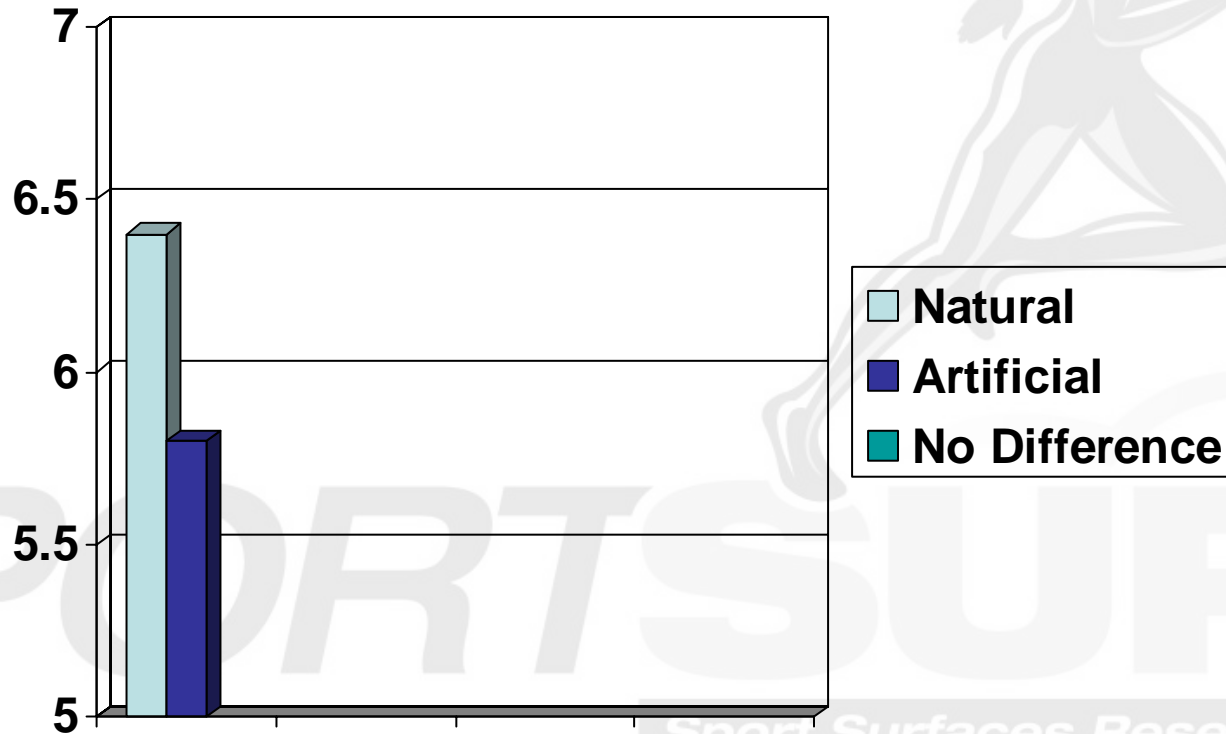
- The Overall Risk of Injury is not greater when playing on artificial turf compared to playing on grass.

# Traumatic Injuries / 1000 match hours

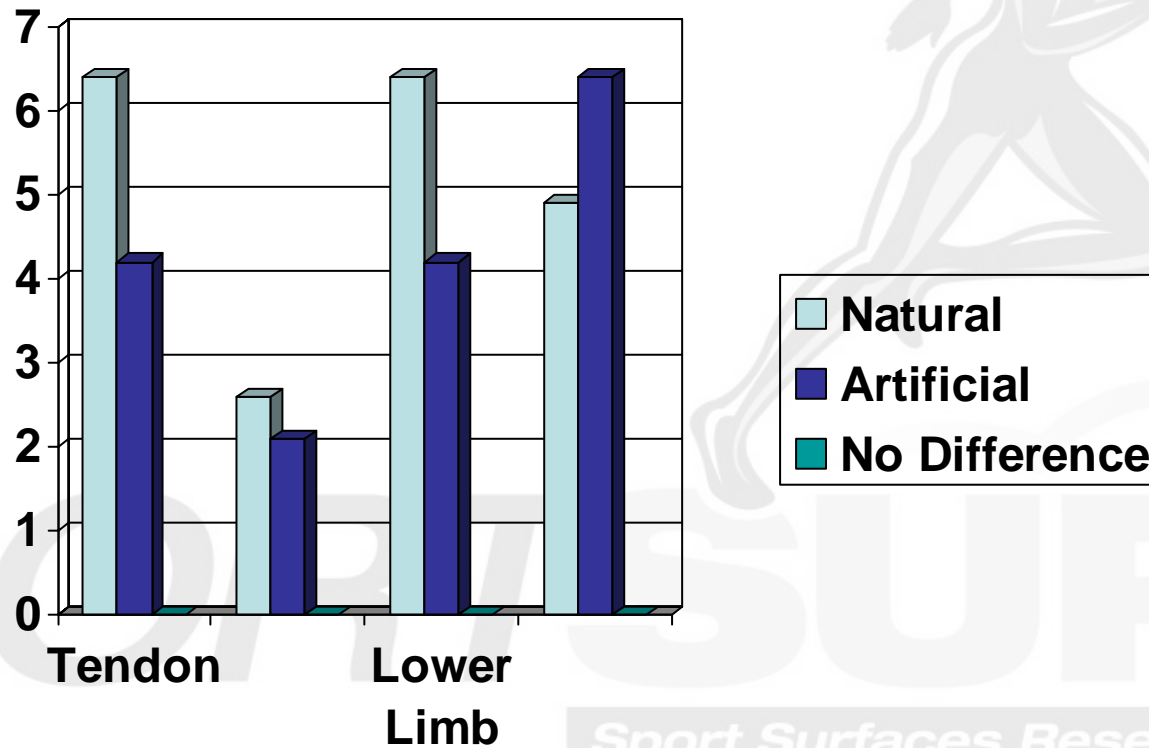




# Overuse Injuries/ 1000 hours



# Muscle-tendon injuries/100 hours match use



# Major Injuries/1000 match hours

