

6 Sport-related community injury

ICD-10-AM inclusion criteria:

- Principal diagnosis [S00–T75](#) or [T79](#), and
- Activity code [U50–U71](#), and
- Mode of admission other than ‘transfer from another acute hospital’.

Table 6.1: Key indicators for hospitalised sport-related injury: males, females and persons, Australia 2004–05

Key indicators	Males	Females	Persons ^(a)
Total number of hospital separations due to sport-related injury	30,859	8,772	39,632
Sport-related separations as proportion of all community injury separations	13.8%	5.5%	10.3%
Estimated number of sport-related injury cases ^(b)	28,977	8,275	37,253
Cases per 100,000 population	288.3	81.4	184.3
Cases per 100,000 population—age-standardised ^(c)	287.3	83.7	187.1
Total patient-days due to sport-related injury ^{(d), (e)}	62,620	18,221	80,842
Mean patient-days per case	2.2	2.2	2.2

(a) Includes 1 separation for which sex was not reported.

(b) Excludes records with a mode of admission of ‘transfer from another acute hospital’.

(c) Standardised to the Australian estimated resident population 30th June 2001.

(d) Includes records with a mode of admission of ‘transfer from another acute hospital’ as contributing to hospital burden due to injury.

(e) Includes 1 day of patient care for which sex was not reported.

This chapter draws together all hospitalised injury cases recorded as occurring while engaged in sports or leisure (ICD-10-AM U50–U71). While we have not included cases coded as occurring during ‘leisure activity not elsewhere classified’ (U72), it should be recognised that the scope is wider than formally organised sport.

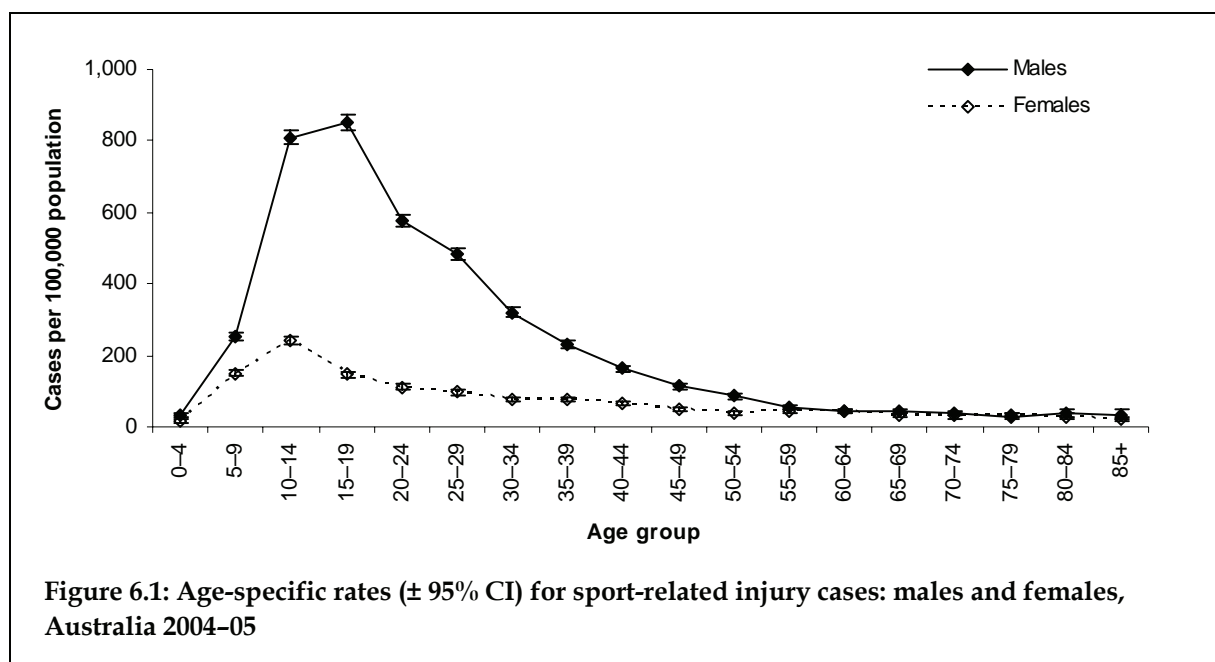
An estimated 37,253 hospitalised community injury cases in 2004–05 were due to injuries sustained while engaged in sport (Table 6.1). The age-standardised rate of these sport-related injury cases was 187.1 per 100,000 population. This is a somewhat lower rate than that reported by Flood and Harrison for the year 2002–03 (Flood & Harrison 2006), but case selection criteria differ slightly.

Sport-related injury—age and sex

Most sport-related community injury cases involved males (77.8%, $n = 28,977$). Accordingly, the age-standardised rate of sport-related injuries was much higher for males (287.3 per 100,000 population) than for females (83.7 per 100,000). Further, age-specific rates for males were significantly higher than those for females for most age groups (Figure 6.1).

The highest rate of hospitalised sport-related injury was observed for males aged 15–19 years (849.9 per 100,000 population). At this age the difference in male and female rates was also greatest, with a M:F rate ratio of 5.8:1. For females, the highest rate of hospitalised sport-related injury was observed for those aged 10–14 (241.5 per 100,000).

From the age of 55 years rates of sport-related injury for males and females were statistically similar.



Sport-related injury—sport types

A little under half of all hospitalised sport-related injury cases (43.7%, $n = 16,270$) were sustained while the person was playing a team ball sport (see Table 6.2). Most team ball sport injuries were attributed to football (which includes Australian Rules, Rugby Union, League, soccer and touch football in the one group). For males, more than four in ten of all sport-related injuries were attributed to the various types of football (43.8%, $n = 12,690$) while for females, only one in ten sport-related injuries were attributed to football (11.2%, $n = 924$). Netball accounted for a further 11.7% ($n = 970$) of female sport-related injury cases, but less than one per cent of male cases.

Second to team ball sports, ‘wheeled non-motor sports’ accounted for 13.2% of sport-related injury cases. These principally consisted of cycling ($n = 2,893$) and skate-boarding injuries ($n = 1,240$). Wheeled motor sports (car racing, go-carting etc.) were the third most common cause of hospitalised sports injuries in 2004-05 (7.4% of cases).

While more sports injuries involved males overall, similar proportions of cases were attributed to the various sporting categories for both males and females (Table 6.2). The exceptions to this were some team ball sports (as described above) and equestrian activities. The majority of cases attributed to equestrian activities involved females ($n = 1,132$ compared to 564 for males), ranking equestrian activities the second most common cause of sport-related injuries for females after team-ball sports in general.

The types of sports in which people seriously injured themselves did not differ markedly according to age. Injuries sustained during team ball sports were the most frequent for all age groups up to the 65 years and older group. For people 65 years and older, ‘target and precision’ sports (e.g. bowling and golf) were most common, accounting for 20.5% ($n = 183$) of cases. While team ball sports accounted for 38.1% of sport-related injuries for children aged 0-14 years, significant proportions of children were also injured through participation in wheeled non-motor sports (24.0%).

Table 6.2: Types of sport engaged in when injured for sport-related injury cases: males, females and persons, Australia 2004–05

Sporting activity		Males	Females	Persons *
Team ball sports	Football (Aust. Rules, rugby, soccer etc.)	12,690 (43.8%)	924 (11.2%)	13,614 (36.5%)
	Basketball	989 (3.4%)	356 (4.3%)	1,345 (3.6%)
	Handball, team	23 (0.1%)	5 (0.1%)	28 (0.1%)
	Netball	119 (0.4%)	970 (11.7%)	1,089 (2.9%)
	Volleyball	104 (0.4%)	42 (0.5%)	146 (0.4%)
	Other & unspecified team ball sports	33 (0.1%)	15 (0.2%)	48 (0.1%)
	<i>Total team ball sports</i>	<i>13,958 (48.2%)</i>	<i>2,312 (27.9%)</i>	<i>16,270 (43.7%)</i>
Team bat or stick sports	1,394 (4.8%)	295 (3.6%)	1,689 (4.5%)	
Team water sports	11 (0.0%)	0 (0.0%)	11 (0.0%)	
Boating sports	223 (0.8%)	88 (1.1%)	311 (0.8%)	
Individual water sports	1,839 (6.3%)	503 (6.1%)	2,342 (6.3%)	
Ice & snow sports	709 (2.4%)	477 (5.8%)	1,186 (3.2%)	
Individual athletic activities	351 (1.2%)	346 (4.2%)	697 (1.9%)	
Acrobatic sports	122 (0.4%)	206 (2.5%)	329 (0.9%)	
Aesthetic activities	96 (0.3%)	267 (3.2%)	363 (1.0%)	
Racquet sports	456 (1.6%)	319 (3.9%)	775 (2.1%)	
Target & precision sports	285 (1.0%)	154 (1.9%)	439 (1.2%)	
Combative sports	410 (1.4%)	82 (1.0%)	492 (1.3%)	
Power sports	58 (0.2%)	5 (0.1%)	63 (0.2%)	
Equestrian activities	564 (1.9%)	1,132 (13.7%)	1,696 (4.6%)	
Adventure sports	113 (0.4%)	71 (0.9%)	184 (0.5%)	
Wheeled motor sports	2,578 (8.9%)	168 (2.0%)	2,746 (7.4%)	
Wheeled non-motored sports	Cycling	2,367 (8.2%)	526 (6.4%)	2,893 (7.8%)
	In-line skating & rollerblading	226 (0.8%)	172 (2.1%)	398 (1.1%)
	Roller skating	64 (0.2%)	90 (1.1%)	154 (0.4%)
	Skate-boarding	1,157 (4.0%)	83 (1.0%)	1,240 (3.3%)
	Scooter riding	129 (0.4%)	77 (0.9%)	206 (0.6%)
	Other & unspecified wheeled non-motor sports	17 (0.1%)	5 (0.1%)	22 (0.1%)
	<i>Total wheeled non-motored sports</i>	<i>3,960 (13.7%)</i>	<i>953 (11.5%)</i>	<i>4,913 (13.2%)</i>
Multidiscipline sports	7 (0.0%)	10 (0.1%)	17 (0.0%)	
Aero sports	117 (0.4%)	21 (0.3%)	138 (0.4%)	
Other school-related recreational activities	438 (1.5%)	314 (3.8%)	752 (2.0%)	
Other specified sport & exercise activity	621 (2.1%)	307 (3.7%)	928 (2.5%)	
Unspecified sport & exercise activity	667 (2.3%)	245 (3.0%)	912 (2.4%)	
Total		28,977	8,275	37,253

* Persons includes 1 case for which sex was not reported.

Sport-related injury—external cause

Most of the sport-related community injury cases hospitalised during 2004–05 were attributed to ‘other unintentional’ external causes (45.3%, $n = 16,861$). Other unintentional external causes were the most common cause of sport-related injury for both males and females and for all age-groups other than the very young and very old (see Table 6.3). More than a quarter (27.5%) of these other unintentional injuries were coded to X59 ‘exposure to unspecified factor’ and these accounted for 12.5% of sports-related injuries overall. Other common ‘other unintentional’ sport injuries were those due to overexertion and strenuous or repetitive movements (8.1% of all sports-related cases), being hit, struck, kicked, twisted, bitten or scratched by another person (6.2%), striking against or being struck by sports equipment (5.6%) and striking against or being bumped into by another person (5.5%). Unsurprisingly, then, other unintentional external causes were the most frequent cause of injuries sustained during team bat or stick sports (79.9%) and team ball sports (63.4%, see Table 6.4).

Falls were the second most common cause of sport-related injuries in 2004–05, accounting for a third of all cases (33.1%). Falls were the most common cause of hospitalised sports injury for both the youngest (0–14 years) and oldest (65 years and older) Australians. Falls were the cause of the majority of cases attributed to ‘other school-related recreational activities’ (81.3%), acrobatic sports (71.7%), ice and snow sports (64.6%), aesthetic activities (64.2%) and individual athletic activities (59.1%).

Transportation external causes were the third most common type of cause attributed to sport-related injuries, accounting for one in five cases (20.7%, Table 6.4). As expected, transportation external cause codes were assigned to nearly all injuries sustained while engaged in wheeled motor sports (96.4%). Similarly, 90.3% of injuries sustained during equestrian activities were assigned transportation codes. More specifically, 87.3% of all equestrian injuries were assigned external cause code V80 ‘animal-rider or occupant of animal-drawn vehicle injured in transport accident’. Wheeled non-motor sport injuries (e.g. cycling) were also frequently coded with transportation external causes.

Table 6.3: First external cause for sport-related injury cases by age, Australia 2004–05

External cause	0–14	15–24	25–44	45–64	65+	All ages
Transportation	2,399	2,103	2,210	845	152	7,709
Drowning	44	35	35	31	16	161
Poisoning, pharmaceuticals	0	*	*	0	0	6
Poisoning, other substances	*	*	*	5	0	11
Falls	5,123	3,348	2,459	886	513	12,329
Fires, burns & scalds	10	*	*	*	*	19
Other unintentional injuries	2,817	6,355	6,246	1,238	205	16,861
Intentional, self inflicted (self-harm)	*	*	5	0	*	9
Intentional, inflicted by another (assault)	14	50	34	6	0	104
Undetermined intent	*	*	*	0	*	11
Other & missing	10	10	9	*	*	33
Total	10,422	11,916	11,009	3,013	893	37,253

Note: Shading denotes highest specific category for each age group.

* Small cell counts have been suppressed.

Table 6.4: External cause for sport-related injury cases by sport group, Australia 2004–05

Sport group	Transportation	Falls	Other unintentional	Other external causes
Team ball sports	* (0.0%)	5,882 (36.2%)	10,321 (63.4%)	66 (0.4%)
Team bat or stick sports	* (0.1%)	332 (19.7%)	1,350 (79.9%)	6 (0.4%)
Boating sports	135 (43.4%)	31 (10.0%)	131 (42.1%)	14 (4.5%)
Individual water sports	201 (8.6%)	577 (24.6%)	1,404 (59.9%)	160 (6.8%)
Ice and snow sports	13 (1.1%)	766 (64.6%)	407 (34.3%)	0 (0.0%)
Individual athletic activities	13 (1.9%)	412 (59.1%)	264 (37.9%)	8 (1.1%)
Acrobatic sports	0 (0.0%)	236 (71.7%)	92 (28.0%)	* (0.3%)
Aesthetic activities	0 (0.0%)	233 (64.2%)	118 (32.5%)	12 (3.3%)
Racquet sports	0 (0.0%)	297 (38.3%)	478 (61.7%)	0 (0.0%)
Target and precision sports	31 (7.1%)	197 (44.9%)	194 (44.2%)	17 (3.9%)
Combative sports	0 (0.0%)	80 (16.3%)	405 (82.3%)	7 (1.4%)
Equestrian activities	1,532 (90.3%)	27 (1.6%)	133 (7.8%)	* (0.2%)
Wheeled motor sports	2,646 (96.4%)	18 (0.7%)	70 (2.5%)	12 (0.4%)
Wheeled non-motored sports	2,842 (57.8%)	1,833 (37.3%)	224 (4.6%)	14 (0.3%)
Other school-related recreational activities	5 (0.7%)	611 (81.3%)	126 (16.8%)	10 (1.3%)
Other & unspecified sports	289 (12.8%)	797 (35.4%)	1,144 (50.8%)	23 (1.0%)
Total	7,709 (20.7%)	12,329 (33.1%)	16,861 (45.3%)	354 (1.0%)

Note: Shading denotes most common external cause group for each sport group.

* Small cell counts have been suppressed.

Sport-related injury—place of occurrence

As expected, about half of all sport-related injury cases in 2004–05 were reported to have occurred in sports and athletics areas (48.3%, $n = 17,988$). Higher proportions of cases involving males occurred on sporting grounds (35.5%) and sports and athletics areas more generally (50.5%) than observed for females (18.4% and 40.5%, respectively). This reflects the high proportion of male cases that occurred during football and other team ball sports. Females, on the other hand, were more commonly injured in sporting halls (7.0% vs. 3.7% for males, see Table 6.5). Otherwise, little difference was noted between males and females in terms of the place of occurrence reported for a sport-related injury.

Sports and athletics areas were also the most commonly specified place of occurrence for many specific sport groups, accounting for more than two-thirds of cases attributed to racquet sports (77.2%), ice and snow sports (75.2%), target and precision sports (74.7%), team ball sports (72.8%) and team bat or stick sports (67.2%, see Table 6.6). Somewhat counter-intuitively, a low proportion of wheeled motor sports occurred on streets or highways (6.0%), while one in five (20.0%) of wheeled non-motor sports occurred in these locations. High proportions of water-related sports injuries occurred in 'other specified places' (> 90%), principally 'large areas of water' such as oceans or lakes (> 44%). Unlike many other types of community injuries, quite low proportions of sport-related cases were reported to have occurred in the home (2.3% overall).

Table 6.5: Place of occurrence for sport-related injury cases: males, females and persons, Australia 2004–05

Place of occurrence		Males	Females	Persons †
Home		554 (1.9%)	303 (3.7%)	858 (2.3%)
Residential institution		56 (0.2%)	16 (0.2%)	72 (0.2%)
School		1,338 (4.6%)	560 (6.8%)	1,898 (5.1%)
Health Service area		10 (0.0%)	11 (0.1%)	21 (0.1%)
Other specified institution & public administrative area		28 (0.1%)	25 (0.3%)	53 (0.1%)
Sports & athletics area	Sporting grounds (outdoor)	10,275 (35.5%)	1,525 (18.4%)	11,800 (31.7%)
	Sporting hall (indoor)	1,079 (3.7%)	580 (7.0%)	1,659 (4.5%)
	Swimming centre	71 (0.2%)	43 (0.5%)	114 (0.3%)
	Racetrack & racecourse	1,114 (3.8%)	104 (1.3%)	1,218 (3.3%)
	Equestrian facility	20 (0.1%)	82 (1.0%)	102 (0.3%)
	Skating rink	347 (1.2%)	117 (1.4%)	464 (1.2%)
	Skiing	459 (1.6%)	306 (3.7%)	765 (2.1%)
	Other specified sports & athletic areas	350 (1.2%)	143 (1.7%)	493 (1.3%)
	Sports & athletic areas, unspecified	925 (3.2%)	448 (5.4%)	1,373 (3.7%)
	<i>Total sports & athletics area</i>	<i>14,640 (50.5%)</i>	<i>3,348 (40.5%)</i>	<i>17,988 (48.3%)</i>
	Street & highway	Roadway	768 (2.7%)	201 (2.4%)
Sidewalk		114 (0.4%)	100 (1.2%)	214 (0.6%)
Cycleway		49 (0.2%)	16 (0.2%)	65 (0.2%)
Other specified highway, street or road		57 (0.2%)	11 (0.1%)	68 (0.2%)
Unspecified highway, street or road		49 (0.2%)	17 (0.2%)	66 (0.2%)
<i>Total street & highway</i>		<i>1,037 (3.6%)</i>	<i>345 (4.2%)</i>	<i>1,382 (3.7%)</i>
Trade & service area		63 (0.2%)	62 (0.7%)	125 (0.3%)
Industrial & construction area		* (0.0%)	* (0.0%)	13 (0.0%)
Farm		120 (0.4%)	83 (1.0%)	203 (0.5%)
Other specified place	Area of still water	90 (0.3%)	38 (0.5%)	128 (0.3%)
	Stream of water	207 (0.7%)	55 (0.7%)	262 (0.7%)
	Large area of water	970 (3.3%)	254 (3.1%)	1,224 (3.3%)
	Beach	540 (1.9%)	140 (1.7%)	680 (1.8%)
	Forest	148 (0.5%)	70 (0.8%)	218 (0.6%)
	Desert	* (0.1%)	* (0.0%)	17 (0.0%)
	Other specified countryside	399 (1.4%)	137 (1.7%)	536 (1.4%)
	Parking lot	* (0.0%)	* (0.0%)	13 (0.0%)
	Other specified place of occurrence	796 (2.7%)	215 (2.6%)	1,011 (2.7%)
<i>Total other specified place of occurrence</i>	<i>3,177 (11.0%)</i>	<i>912 (11.0%)</i>	<i>4,089 (11.0%)</i>	
Unspecified place of occurrence		7,930 (27.4%)	2,607 (31.5%)	10,537 (28.3%)
Place not reported/not applicable		* (0.0%)	* (0.0%)	14 (0.0%)
Total		28,977	8,275	37,253

* Small cell counts have been suppressed.

† Persons includes 1 case for which sex was not reported.

Table 6.6: Place of occurrence for sport-related injury cases by sport group, Australia 2004–05

Sport group	Home	School	Sports & athletics area	Street & highway	Other & unspecified places
Team ball sports	124 (0.8%)	783 (4.8%)	11,852 (72.8%)	20 (0.1%)	3,491 (21.5%)
Team bat or stick sports	31 (1.8%)	60 (3.6%)	1,135 (67.2%)	* (0.1%)	462 (27.4%)
Boating sports	0 (0.0%)	0 (0.0%)	15 (4.8%)	0 (0.0%)	296 (95.2%)
Individual water sports	67 (2.9%)	5 (0.2%)	153 (6.5%)	0 (0.0%)	2,117 (90.4%)
Ice & snow sports	* (0.1%)	0 (0.0%)	892 (75.2%)	* (0.1%)	292 (24.6%)
Individual athletic activities	24 (3.4%)	97 (13.9%)	88 (12.6%)	115 (16.5%)	373 (53.5%)
Acrobatic sports	45 (13.7%)	30 (9.1%)	131 (39.8%)	0 (0.0%)	123 (37.4%)
Aesthetic activities	29 (8.0%)	12 (3.3%)	21 (5.8%)	0 (0.0%)	301 (82.9%)
Racquet sports	* (0.6%)	14 (1.8%)	598 (77.2%)	* (0.1%)	157 (20.3%)
Target & precision sports	10 (2.3%)	* (0.2%)	328 (74.7%)	* (0.5%)	98 (22.3%)
Combative sports	32 (6.5%)	12 (2.4%)	176 (35.8%)	0 (0.0%)	272 (55.3%)
Equestrian activities	79 (4.7%)	* (0.2%)	344 (20.3%)	29 (1.7%)	1,240 (73.1%)
Wheeled motor sports	74 (2.7%)	0 (0.0%)	1,026 (37.4%)	165 (6.0%)	1,481 (53.9%)
Wheeled non-motored sports	180 (3.7%)	25 (0.5%)	619 (12.6%)	981 (20.0%)	3,108 (63.3%)
Other school-related recreational activities	0 (0.0%)	713 (94.8%)	14 (1.9%)	* (0.1%)	24 (3.2%)
Other & unspecified sport & exercise activity	157 (7.0%)	142 (6.3%)	596 (26.5%)	66 (2.9%)	1,292 (57.3%)
Total	858 (2.3%)	1,898 (5.1%)	17,988 (48.3%)	1,382 (3.7%)	15,127 (40.6%)

Note: Shading denotes most common place of occurrence for each sport group.

* Small cell counts have been suppressed.

Sport-related injury—principal diagnosis

Injuries to the knee and lower leg were the most common principal diagnosis assigned to sport-related injuries in 2004–05, accounting for a quarter of all such cases (25.0%, see Table 6.7). Injuries to the knee and lower leg were slightly more common for females (28.2% of cases) than for males (24.1%). Females also sustained a higher proportion of injuries to the elbow and forearm (24.0% of cases) than males (17.5%). Males, on the other hand, sustained a greater proportion of head injuries (18.4% of cases) than females (13.9%). These types of injuries were, respectively, the second and third most common principal diagnoses assigned to sport-related injuries in 2004–05.

Injuries to the knee and lower leg were also the most common principal diagnosis for sport-related injuries in most age groups (Table 6.8). The exceptions to this were the 0–14 years age group, where injuries to the elbow and forearm were far more common, and the 65 years and older age group, where injuries to the hip and thigh were slightly more common than injuries to the knee and lower leg. The frequency of head injuries was proportionately greater for people aged 15–24 years than for other ages.

The body region injured, as described by the principal diagnosis, according to the type of sporting activity engaged in when the injury was sustained is described in Table 6.9, and presents a slightly different story; the shoulder and upper limb region being the most frequently injured region of the body for most sports activities.

Table 6.7: Principal diagnosis groups for sport-related injury cases: males, females and persons, Australia 2004–05

Principal diagnosis	Males	Females	Persons †
Injuries to the head	5,333 (18.4%)	1,147 (13.9%)	6,480 (17.4%)
Injuries to the neck	767 (2.6%)	225 (2.7%)	992 (2.7%)
Injuries to the thorax	812 (2.8%)	166 (2.0%)	978 (2.6%)
Injuries to the abdomen, lower back, lumbar spine & pelvis	1,290 (4.5%)	427 (5.2%)	1,717 (4.6%)
Injuries to the shoulder & upper arm	2,691 (9.3%)	603 (7.3%)	3,294 (8.8%)
Injuries to the elbow & forearm	5,072 (17.5%)	1,985 (24.0%)	7,058 (18.9%)
Injuries to the wrist & hand	3,583 (12.4%)	598 (7.2%)	4,181 (11.2%)
Injuries to the hip & thigh	859 (3.0%)	289 (3.5%)	1,148 (3.1%)
Injuries to the knee & lower leg	6,980 (24.1%)	2,331 (28.2%)	9,311 (25.0%)
Injuries to the ankle & foot	832 (2.9%)	246 (3.0%)	1,078 (2.9%)
Injuries involving multiple body regions	* (0.1%)	* (0.0%)	18 (0.0%)
Injuries to unspecified parts of trunk, limb or body region	101 (0.3%)	26 (0.3%)	127 (0.3%)
Effects of foreign body entering through natural orifice	* (0.1%)	* (0.0%)	19 (0.1%)
Burns	* (0.1%)	* (0.0%)	37 (0.1%)
Frostbite	20 (0.1%)	11 (0.1%)	31 (0.1%)
Poisoning by drugs, medicaments & biological substances	9 (0.0%)	5 (0.1%)	14 (0.0%)
Toxic effects of non-medical substances	86 (0.3%)	49 (0.6%)	135 (0.4%)
Other & unspecified effects of external causes	401 (1.4%)	150 (1.8%)	551 (1.5%)
Certain early complications of trauma	76 (0.3%)	8 (0.1%)	84 (0.2%)
Total	28,977	8,275	37,253

* Small cell counts have been suppressed.

† Persons includes 1 case for which sex was not reported.

Table 6.8: Principal diagnosis groups for sport-related injury cases by age, Australia 2004–05

Principal diagnosis	0–14	15–24	25–44	45–64	65+	All ages
Injuries to the head	1,962	2,616	1,490	303	109	6,480
Injuries to the neck	224	379	317	63	9	992
Injuries to the thorax	85	262	404	184	43	978
Injuries to the abdomen, lower back, lumbar spine & pelvis	369	569	565	155	59	1,717
Injuries to the shoulder & upper arm	801	1,108	956	327	102	3,294
Injuries to the elbow & forearm	4,014	1,401	1,065	418	160	7,058
Injuries to the wrist & hand	883	1,609	1,399	270	20	4,181
Injuries to the hip & thigh	326	251	280	126	165	1,148
Injuries to the knee & lower leg	1,371	3,113	3,707	965	155	9,311
Injuries to the ankle & foot	230	400	377	49	22	1,078
Toxic effects of non-medical substances	39	33	39	18	6	135
Other & unspecified effects of external causes	47	89	272	106	37	551
Other principal diagnoses	71	86	138	29	6	330
Total	10,422	11,916	11,009	3,013	893	37,253

Note: Shading denotes highest specific category for each age group.

Table 6.9: Body region affected by principal diagnosis for sport-related injury cases, Australia 2004–05

Principal diagnosis	Head	Trunk *	Shoulder & upper limb	Hip & lower limb	Other injuries not specified by body region
Team ball sports	2,986 (18.4%)	1,142 (7.0%)	6,322 (38.9%)	5,723 (35.2%)	97 (0.6%)
Team bat or stick sports	445 (26.3%)	99 (5.9%)	733 (43.4%)	400 (23.7%)	12 (0.7%)
Boating sports	68 (21.9%)	70 (22.5%)	65 (20.9%)	83 (26.7%)	25 (8.0%)
Individual water sports	364 (15.5%)	392 (16.7%)	477 (20.4%)	487 (20.8%)	622 (26.6%)
Ice and snow sports	124 (10.5%)	141 (11.9%)	320 (27.0%)	592 (49.9%)	9 (0.8%)
Individual athletic activities	63 (9.0%)	50 (7.2%)	230 (33.0%)	323 (46.3%)	31 (4.4%)
Acrobatic sports	35 (10.6%)	34 (10.3%)	196 (59.6%)	62 (18.8%)	2 (0.6%)
Aesthetic activities	38 (10.5%)	15 (4.1%)	136 (37.5%)	163 (44.9%)	11 (3.0%)
Racquet sports	54 (7.0%)	27 (3.5%)	260 (33.5%)	426 (55.0%)	8 (1.0%)
Target and precision sports	87 (19.8%)	39 (8.9%)	120 (27.3%)	172 (39.2%)	21 (4.8%)
Combative sports	90 (18.3%)	44 (8.9%)	234 (47.6%)	120 (24.4%)	4 (0.8%)
Equestrian activities	411 (24.2%)	431 (25.4%)	562 (33.1%)	278 (16.4%)	14 (0.8%)
Wheeled motor sports	401 (14.6%)	468 (17.0%)	939 (34.2%)	888 (32.3%)	50 (1.8%)
Wheeled non-motored sports	927 (18.9%)	472 (9.6%)	2,553 (52.0%)	931 (18.9%)	30 (0.6%)
Other school-related recreation activities	131 (17.4%)	41 (5.5%)	515 (68.5%)	57 (7.6%)	8 (1.1%)
Other & unspecified	256 (11.4%)	222 (9.9%)	871 (38.7%)	832 (36.9%)	72 (3.2%)
Total	6,480 (17.4%)	3,687 (9.9%)	14,533 (39.0%)	11,537 (31.0%)	1,016 (2.7%)

Note: Shading denotes most common body region injured for each sport group.

* Trunk includes the neck, thorax, abdomen, lower back, lumbar spine & pelvis.

Sport-related injury—length of stay

The total number of patient-days attributed to hospitalised sports injuries in 2004–05 was 80,842, giving a mean length of stay of 2.2 days per case. Just over a third of sport-related injury separations were discharged from hospital on the same day as admitted (36.4%, $n = 14,422$) and including these, 71.2% of sport-related injury separations had a length of stay of only one day ($n = 28,232$). This was a slightly higher proportion of one-day stays than observed for all community injury in 2004–05.

Males and females had the same mean length of stay for sport-related injuries (Table 6.10) and little difference in length of stay was noted between males and females for sports categories that contained robust numbers of cases.

The longest mean lengths of stay per case were observed for injuries sustained during aero sports (e.g. gliding, hang-gliding, parachuting; 6.5 days per case) and adventure sports (e.g. abseiling, white-water rafting, bungee jumping; 6.0 days per case). The shortest mean length of stay was observed for injuries sustained while engaged in team water sports (1.1 days). Injuries sustained while engaged in team ball sports, the most common types of sport-related injuries, had a quite short mean length of stay; 1.7 days (Table 6.10).

Table 6.10: Mean days stay per sport-related injury case by sport group: males, females and persons, Australia 2004–05

Sporting activity	Males	Females	Persons
Team ball sports	1.7	1.6	1.7
Team bat or stick sports	1.5	1.7	1.5
Team water sports	1.1	–	1.1
Boating sports	3.6	3.8	3.7
Individual water sports	2.6	2.0	2.4
Ice & snow sports	2.4	2.2	2.3
Individual athletic activities	2.4	2.8	2.6
Acrobatic sports	2.2	1.5	1.8
Aesthetic activities	2.2	2.6	2.5
Racquet sports	1.8	2.3	2.0
Target & precision sports	3.4	4.9	3.9
Combative sports	1.6	1.3	1.5
Power sports	2.2	1.0	2.1
Equestrian activities	3.4	3.0	3.1
Adventure sports	5.6	6.7	6.0
Wheeled motor sports	3.7	2.7	3.6
Wheeled non-motored sports	2.4	2.2	2.4
Multidiscipline sports	6.0	1.6	3.4
Aero sports	6.9	4.2	6.5
Other school-related recreational activities	1.4	1.5	1.4
Other & unspecified sport & exercise activity	2.2	2.4	2.2
Total	2.2	2.2	2.2