

FIVB Injury Surveillance Program

1. Background

Injury surveillance during FIVB competitions aims at providing important epidemiological information about injuries in volleyball, but also directions for injury prevention and the opportunity for monitoring long-term changes in the frequency and circumstances of injury. The FIVB Injury Surveillance Program is modeled on the IOC protocols developed for the 2008 Summer Olympic Games in Beijing and 2010 Winter Olympic Games in Vancouver.

An injury report form and procedures have been created based on the IOC model to enter the data from a particular team participating in the competition. The standardized report form comprises a single page containing three sections: (A) descriptive, giving information about event and particular match, (B) giving team doctor contact information and details about injuries, and (C) definitions and codes of all variables to be documented.

Player #		Function		Time of injury		Body part injured		Type of injury		Cause of injury		Severity		
		Code		Training (date)	Match (set#)	Description	Code	Description	Code	Description	Code	Returned to game	Absence (Code)	
12		D	1	-	3 (12-14)	Clavicle	2	11 Fracture	3	2 Wet, slipped & fell	4	21	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	28
												<input type="checkbox"/> Yes <input type="checkbox"/> No		
												<input type="checkbox"/> Yes <input type="checkbox"/> No		
												<input type="checkbox"/> Yes <input type="checkbox"/> No		
												<input type="checkbox"/> Yes <input type="checkbox"/> No		

<p>1 Player function:</p> <p>S: Setter D: Diagonal O: Outside hitter C: Center player L: Libero</p>	<p>2 Body part injured (injury location):</p> <p><i>Head and trunk</i> 1. face (incl. eye, ear, nose) 2. head 3. neck/cervical spine 4. thoracic spine/upper back 5. sternum/ribs 6. lumbar spine/lower back 7. abdomen 8. pelvis/sacrum/buttock</p> <p><i>Upper extremity</i> 11. shoulder/clavicle 12. upper arm 13. elbow 14. forearm 15. wrist 16. hand 17. finger 18. thumb</p> <p><i>Lower extremity</i> 21. hip 22. groin 23. thigh (a: anterior; posterior) 24. knee (m: medial; lateral) 25. lower leg (a: anterior; p: posterior) 26. Achilles tendon 27. ankle 28. foot/toe</p>	<p>3 Type of injury (diagnosis):</p> <p>1. concussion (regardless of loss of consciousness) 2. fracture (traumatic) 3. stress fracture (overuse) 4. other bone injuries 5. dislocation, subluxation 6. tendon rupture 7. ligamentous rupture 8. sprain (injury of joint and/or ligaments) 9. lesion of meniscus or cartilage 10. strain/muscle rupture/tear 11. contusion/haematoma/bruise 12. tendinitis/tendinopathy 13. arthritis/synovitis/bursitis 14. fasciitis/aponeurosis injury 15. impingement 16. laceration/abrasion/skin lesion</p>	<p>4 Cause of injury:</p> <p>1. overuse (gradual onset) 2. overuse (sudden onset) 3. non-contact trauma 4. recurrence of previous trauma 11. contact with another player 12. contact: moving object (ball) 13. contact: stagnant object (eg. net, post) 14. violation of rules (foul play) 21. field of play conditions 22. hall environmental conditions 23. equipment failure 24. other</p>	<p>5 Severity - expected duration of absence from training or competition (in days):</p> <p>0: 0 days 1: 1 day 2: 2 days 7: 1 week 14: 2 weeks 21: 3 weeks 28: 4 weeks >30: more than 4 weeks >180: 6 months or more CE: career ending</p>
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2. **Confidentiality**

Confidentiality of all information shall be ensured.

The player number is used only to avoid duplicate reports. The identity of the player will not be entered into the injury database; all injury report forms will be stored in a locked filing cabinet and will be anonymized after the end of each event. All M-10 forms will be safely stored and anonymized after the tournament. All reports will be written to guarantee that no individual athlete or team can be identified.

3. **Implementation**

Implementation of the injury surveillance program should consist of the following steps:

3.1. The FIVB Medical Commission decides, on an annual basis, in which FIVB events the FIVB Injury Surveillance Program should be implemented.

3.2. National federations and the medical representatives of all participating teams should be informed in writing about the program well before the particular event (at least 30 days), with a request to participate in the study. Team medical representatives should receive a copy of the protocol, the FIVB Injury Report Form (M-10), as well as examples of how to record injuries.

3.3. The athlete's informed consent to participate in the injury surveillance project should be included in their registration for the tournament. During the Team Doctor's Meeting (immediately after the General Technical Meeting), the medical representatives of each team and local medical staff should be informed about the FIVB Injury Surveillance Program and instructed about how to record injuries.

3.4. During the tournament the returned injury report forms should be checked on a daily basis by FIVB Medical Delegate, who should be available to answer questions and to provide motivation to the team physicians. Each day, all team physicians should receive feedback from the FIVB Medical Delegate on the completeness of their reports to increase their compliance with the study.

3.5. The team physicians and all participating volleyball federations should receive a formal report on the results of the surveillance program in due time after the end of the tournament.

4. **Procedures during the tournament**

4.1. Team Doctor's Meeting

During the Team Doctor's Meeting, held immediately after the General Technical Meeting, with team medical representatives and local medical staff participating, all aspects of FIVB Injury Surveillance Program should be clarified by the FIVB Medical Delegate. Further detailed instructions should be given with examples of how to report injuries. Special attention should be focused on the following points:

4.2. Definition of injury

Any musculoskeletal complaint newly incurred due to competition and/or training during the tournament that received medical attention regardless of the consequences with respect to absence from competition or training. The injury definition includes five aspects: (1) all injuries that received medical attention (not only time loss or reduced performance), (2) newly incurred (exclusion of pre-existing and fully rehabilitated injuries), (3) injuries occurring during competition or training, (4) injuries occurring during the period of the tournament and (5) exclusion of illness and diseases.

4.3. Definition of newly incurred injuries

Only injuries that have occurred during the present match or during the training period since the last match of the team should be reported. Recurrent injuries (injuries of the same location and type) should only be reported if the athlete has returned to full participation after the previous injury. Pre-existing, not fully rehabilitated injury should not be reported.

If an athlete injures two body parts (eg ankle sprain and abrasion of the knee) or incurs two types of injury in one body part (contusion and laceration of the calf) in one incident, this is counted as one injury with two diagnoses. If the same injury of an athlete is again reported with the same date of injury but a different diagnosis and/or duration of absence, this should be regarded as a corrected update of the injury report. If an athlete incurs the same type of injury at the same body part more than once during a championship this should be regarded as a recurrence and should not be counted as a new injury.

If an injury was reported for the first time during a tournament but the physician reports the cause as "recurrence of previous injury", this injury is counted as an injury, as no details about recovery from the previous injury are available, and it is assumed that the athlete was able to compete at the beginning of the tournament.

Injuries should be diagnosed and reported by qualified medical personnel (team physician, physiotherapist) to ensure valid information on the characteristics of the injury and a comparable standard of data. In order that the information about injured

athletes of teams that do not have a physician or physiotherapist should also be received, injuries should also be reported using the same M-10 form, by the local physician in the First Aid Area or the polyclinic of the local organizers.

4.4. Quality control and response check

On a daily basis, all team physicians should receive from FIVB Medical Delegate feedback on the completeness of their reports to increase their compliance with the study.

The FIVB Medical Delegate should provide medical representatives of all participating teams with copies of M-10 forms with examples of how to complete information.

5. Procedure for the FIVB Injury Report Forms distribution and collection

5.1. Implementation

The implementation of the system of distribution and collection of the M-10 forms during the tournament is the responsibility of the FIVB Medical Delegate. Before each day of the tournament, the Medical Delegate should prepare M-10 forms and complete the information on the forms (section A, see example below) according to the match schedule for that particular day.

FIVB		Injury Report Form		M-10	
Event:	<input type="text" value="FIVB World League Finals Men"/>	Place:	<input type="text" value="Belgrade, SRB"/>	Dates:	<input type="text" value="21.07.-26.07.2009"/>
Team:	<input type="text" value="USA"/>	Match:	<input type="text" value="USA"/> - <input type="text" value="SRB"/>	Match #:	<input type="text" value="5"/>
Team Doctor:	<input type="text"/>	Mobile:	<input type="text"/>	E-mail:	<input type="text"/>

5.2 Data collection procedure

Well before the start of the first match of a particular day of the tournament the Jury President designated for each competition hall should receive from the FIVB Medical Delegate M-10 forms in a sufficient number corresponding to the number of teams according to match schedule of that day, with completed information in section A, as well as envelopes to be sealed.

The responsibility of the Jury President before each match is to give the appropriate M-10 forms to the person in charge of the team who proceeds to the jury table with identification papers of the players. This person should be informed by the Jury President about his responsibility to return, in a sealed envelope, the M-10 forms completed by the team doctor/physiotherapist immediately upon conclusion of the match.

The responsibility of the Jury President after each match is to

collect completed M-10 forms from the team manager, when he/she approaches the jury table to collect the identification papers of the players.

The responsibility of the FIVB Medical Delegate is to collect completed M-10 forms from Jury President from each competition hall (if there is more than one venue) at the end of each competition day.

The responsibility of the FIVB Medical Delegate is to review the M-10 forms each day for accuracy and completeness, store the completed forms safely and guarantee the confidentiality of all information collected throughout the tournament.

6. At the end of the tournament

The original M-10 forms are sent under seal to the FIVB after the event (at the responsibility of the Technical Supervisor). The Medical Delegate is responsible for sending a sealed set of copies of the M-10 forms to the President of the FIVB Medical Commission.

Definitions and codes (EN)

1 Player function

S Setter
D Diagonal/Opposite
O Outside hitter
C Center player
L Libero

2 Injured body part (location of injury)

Head and trunk

1 face (incl. eye, ear, nose)
2 head
3 neck/cervical spine
4 thoracic spine/upper back
5 sternum/ribs
6 lumbar spine/lower back
7 abdomen
8 pelvis/sacrum/buttock

Upper extremity

11 shoulder/clavicle
12 upper arm
13 elbow
14 forearm
15 wrist
16 hand
17 finger
18 thumb

Lower extremity

21 hip
22 groin
23 thigh (a: anterior/p: posterior)
24 knee (m: medial/l: lateral)
25 lower leg (a: anterior/p: posterior)
26 Achilles tendon
27 ankle (m: medial/l: lateral)
28 foot/toe

3 Type of injury (diagnosis)

1 concussion (regardless of loss of consciousness)
2 fracture (traumatic)
3 stress fracture (overuse)
4 other bone injuries
5 dislocation, subluxation

6 tendon rupture
7 ligamentous rupture
8 sprain (injury of joint and/or ligaments)
9 lesion of meniscus or cartilage
10 strain/muscle rupture/tear
11 contusion/haematoma/bruise
12 tendinosis/tendinopathy
13 arthritis/synovitis/bursitis
14 fasciitis/aponeurosis injury
15 impingement
16 laceration/abrasion/skin lesion
17 dental injury/broken tooth
18 nerve injury/spinal cord injury
19 muscle cramps or spasm
20 other

4 Cause of injury

1 overuse (gradual onset)
2 overuse (sudden onset)
3 non-contact trauma
4 recurrence of previous injury
11 contact with another athlete
12 contact: moving object (e.g. ball)
13 contact: stagnant object (e.g. net, post)
14 violation of rules (foul play)
21 field of play conditions
22 hall/environmental condition
23 equipment failure
24 other

5 Estimated duration of absence from training or competition (in days)

Please provide an estimate of the number of days that the athlete will not be able to undertake his/her normal training programme or will not be able to compete.

0 = 0 days
1 = 1 day
2 = 2 days
7 = 1 week
14 = 2 weeks
21 = 3 weeks
28 = 4 weeks
> 30 = more than 4 weeks
> 180 = 6 months or more

Definitionen und Kodierung (DE)

① Spielposition

S Zuspüler
D Diagonal
O Außenangreifer
C Mittelblocker
L Libero

② Verletzter Körperteil

(Lokalisation der Verletzung)

Kopf und Rumpf

1 Gesicht (inkl. Auge, Ohr, Nase)
2 Kopf
3 Nacken/Halswirbelsäule
4 Brustwirbelsäule/oberer Rücken
5 Brustbein/Rippen
6 Lendenwirbelsäule/Kreuz
7 Bauch
8 Becken/Kreuzbein /Gesäss

Obere Extremitäten

11 Schulter/Schlüsselbein
12 Oberarm
13 Ellenbogen
14 Unterarm
15 Handgelenk
16 Hand
17 Finger
18 Daumen

Untere Extremitäten

21 Hüfte
22 Leiste
23 Oberschenkel (a: ant./p: post.)
24 Knie (m: medial/l: lateral)
25 Unterschenkel (a: ant./p: post.)
26 Achillessehne
27 Fussgelenk (medial/lateral)
28 Fuss/Zeh

③ Art der Verletzung (Diagnose)

1 Gehirnerschütterung (mit/ohne Bewusstlosigkeit)
2 Fraktur (traumatisch)
3 Ermüdungsbruch (Überbelastung)
4 Sonstige Knochenverletzungen
5 Ausrenkung/Subluxation

6 Sehnenriss
7 Bänderriss
8 Verstauchung (Gelenk- und/oder Bänderverletzung)
9 Meniskus- oder Knorpelverletzung
10 Zerrung/Muskelriss
11 Prellung /Quetschung/Bluterguss
12 Sehnenentzündung/Tendinopathie
13 Arthritis/Synovitis/Bursitis
14 Fasciitis/Aponeuroseverletzung
15 Impingement
16 Riss-/Schnittwunde/Hautabschürfung
17 Zahnverletzung/abgebrochener Zahn
18 Nerven-/Rückenmarksverletzung
19 Muskelkrämpfe
20 Sonstige

④ Ursache der Verletzung

1 Überbelastung (graduell)
2 Überbelastung (plötzlich)
3 Trauma ohne Kontakt
4 Erneutes Auftreten einer früh. Verletzung
11 Kontakt mit anderem Athleten
12 Kontakt: bewegl. Objekt (z.B. Ball)
13 Kontakt : unbewegl. Objekt (z.B. Stange)
14 Regelwidrigkeit (Behinderung, Stossen)
21 Spielfeldbedingungen
22 Umweltbedingungen
23 Ausrüstungsmängel
24 Sonstige

⑤ Zu erwartende Dauer des Ausfalls beim Training oder Wettkampf (in Tagen)

Bitte schätzen Sie die Anzahl Tage, die der Athlet/die Athletin nicht am normalen Training oder Wettkampf teilnehmen kann.

0 = 0 Tage
1 = 1 Tag
2 = 2 Tage
7 = 1 Woche
14 = 2 Wochen
21 = 3 Wochen
28 = 4 Wochen
> 30 = mehr als 4 Wochen
> 180 = 6 Monate oder mehr

Définitions et codes (FR)

❶ Player function

S Passeur
D Pointul
O Complet
C Central
L Libero

❷ Partie du corps blessée (emplacement de la blessure)

Tête et tronc

1 visage (yeux, oreilles, nez compris)
2 tête
3 cou/colonne cervicale
4 colonne thoracique/haut du dos
5 sternum/côtes
6 colonne lombaire/bas du dos
7 abdomen
8 bassin/sacrum/fesses

Membres supérieurs

11 épaule/clavicule
12 bras
13 coude
14 avant-bras
15 poignet
16 main
17 doigt
18 pouce

Membres inférieurs

21 hanche
22 aine
23 cuisse (a : antérieure/p : postérieure)
24 genou (m : médian/l : latéral)
25 jambe (a : antérieure/p : postérieure)
26 tendon d'Achille
27 cheville (m : médiane/l : latérale)
28 pied/orteil

❸ Type de blessure (diagnostic)

1 commotion (avec ou sans perte de connaissance)
2 fracture (traumatique)
3 fracture de fatigue (surmenage)
4 autres traumatismes osseux
5 luxation, subluxation
6 rupture du tendon
7 rupture du ligament

8 entorse (blessure de l'articulation et/ou des ligaments)
9 lésion du méniscale ou cartilagineuse
10 claquage/rupture musculaire/déchirure
11 contusion/hématome/ecchymose
12 tendinite/tendinopathie
13 arthrite/synovite/bursite
14 fasciite ou lésion de l'aponévrose
15 inpingement
16 lacération/érosion/lésion cutanée
17 lésion dentaire/dent cassée
18 lésion nerveuse/lésion de la moelle épinière
19 crampes ou spasmes musculaires
20 autres

❹ Cause de la blessure

1 lésion de fatigue (apparition graduelle)
2 lésion de fatigue (apparition soudaine)
3 traumatisme sans contact
4 récurrence d'une blessure précédente
11 contact avec un autre athlète
12 contact: objet en mouvement (par ex. palet)
13 contact: objet fixe (par ex. poteau)
14 violation des règles (obstruction, bousculade)
21 état de l'aire de compétition
22 conditions météo
23 défaut de l'équipement
24 autres

❺ Estimation de la durée d'absence de l'entraînement ou de la compétition (en jours)

Veillez indiquer une estimation du nombre de jours pendant lesquels l'athlète ne pourra pas suivre le programme d'entraînement normal ou ne sera pas en mesure de concourir.

0 = 0 jour
1 = 1 jour
2 = 2 jours
7 = 1 semaine
14 = 2 semaines
21 = 3 semaines
28 = 4 semaines
> 30 = plus de 4 semaines
> 180 = 6 mois ou plus

Códigos y clasificaciones (ES)

1 Función del jugador

S Colocador
D Opuesto/atacante en posición 2
O Atacante en posición 4
C Central
L Libero

2 Parte del cuerpo lesionada (localización de la lesión)

Cabeza y tronco

1 Cara (incl. ojos, orejas, nariz)
2 Cabeza
3 Cuello/columna cervical
4 Columna dorsal/región dorsal
5 Esternón/costillas
6 Columna lumbar/región lumbar
7 Abdomen
8 Pelvis/sacro/nalga

Miembros superiores

11 Hombro/clavícula
12 Brazo
13 Codo
14 Antebrazo
15 Muñeca
16 Mano
17 Dedo
18 Pulgar

Miembros inferiores

21 Cadera
22 Ingle
23 Muslo (a : anterior/p : posterior)
24 Rodilla (m : medial/l : lateral)
25 Pierna (a : anterior/p : posterior)
26 Tendón de Aquiles
27 Tobillo (m : medial/l : lateral)
28 Pie/dedos

3 Tipo de lesión (diagnóstico)

1 Conmoción cerebral (con o sin pérdida de conoc.)
2 Fractura por traumatismo
3 Fractura por sobrecarga
4 Otras lesiones óseas
5 Luxación, subluxación
6 Rotura del tendón
7 Rotura ligamentosa

8 Esguince (lesión de las articulaciones o ligamentos)
9 Lesión del menisco o cartílago
10 Distensión /rotura muscular/desgarro
11 Contusión/hematoma/cardenal
12 Tendinosis/tendinopatía
13 Artritis/sinovitis/bursitis
14 Fascitis/lesión de la aponeurosis
15 Pinzamiento
16 Laceración/abrasión/lesión de la piel
17 Lesión dental/diente roto
18 Lesión de un nervio/de la médula espinal
19 Calambres o espasmos musculares
20 Otros

4 Causa de la lesión

1 Sobrecarga (aparición gradual)
2 Sobrecarga (aparición súbita)
3 Traumatismo sin contacto
4 Recurrencia de lesión anterior
11 Contacto con otro deportista
12 Contacto : objeto móvil (p.ej. balón)
13 Contacto : objeto inmóvil (p.ej. poste, red)
14 Juego sucio (bloqueo, empujón)
21 Condiciones del terreno de juego
22 Condiciones meteorológicas
23 Material defectuoso
24 Otros

5 Gravedad/Duración estimada de la ausencia del deportista del entrenamiento o competición (en días)

Indique el número estimado de días en que el deportista no podrá llevar a cabo su programa normal de entrenamiento o competir.

0 = 0 días
1 = 1 día
2 = 2 días
7 = 1 semana
14 = 2 semanas
21 = 3 semanas
28 = 4 semanas
> 30 = más de 4 semanas
> 180 = 6 meses o más
Final de la carrera deportiva

Definições e Códigos (PT)

1 Função do jogador

S Levantador
D Diagonal/oposto/atacante posição 2
O Jogador da ponta/atacante posição 4
C Jogador de meio/central
L Libero

2 Parte do corpo lesionada (localização da lesão)

Cabeça e tronco

1 Face (incl. olhos, orelhas, nariz)
2 Cabeça
3 Pescoço/coluna cervical
4 Coluna dorsal/região dorsal
5 Esterno/costelas
6 Coluna lombar/região lombar
7 Abdômen
8 Pélvis/sacro/nádega

Membros superiores

11 Ombro/clavícula
12 Braço
13 Cotovelo
14 Antebraço
15 Punho
16 Mão
17 Dedo
18 Polegar

Membros inferiores

21 Quadril
22 Virilha
23 Coxa (a : anterior/p : posterior)
24 Joelho (m : medial/l : lateral)
25 Perna (a : anterior/p : posterior)
26 Tendão de Aquiles
27 Tornozelo (m : medial/l : lateral)
28 Pé/dedos

3 Tipo de lesão (diagnóstico)

1 Concussão cerebral (com ou sem perda de consciência)
2 Fratura por traumatismo
3 Fratura por sobrecarga
4 Outras lesões ósseas
5 Luxação, subluxação
6 Ruptura do tendão
7 Ruptura dos ligamentos

8 Entorse (lesão das articulações ou dos ligamentos)
9 Lesão do menisco ou de cartilagem
10 Distensão /ruptura muscular
11 Contusão/hematoma/equimose
12 Tendinose/tendinopatia
13 Artrite/sinusite/bursite
14 Fascite/lesão da aponeurose
15 Pinçamento
16 Laceração/abrasão/lesão da pele
17 Lesão dental/dente quebrado
18 Lesão de um nervo/da medula espinhal
19 Câimbras ou espasmos musculares
20 Outros

4 Causa da lesão

1 Sobrecarga (aparição gradual)
2 Sobrecarga (aparição súbita)
3 Traumatismo sem contacto
4 Recorrência de lesão anterior
11 Contato com outro desportista
12 Contato: objeto móvel (p.ex. bola)
13 Contato: objeto imóvel (p.ex. trave)
14 Violação das regras (bloqueio, empurrão)
21 Condições da quadra do jogo
22 Condições meteorológicas
23 Material defeituoso
24 Outros

5 Duração estimada da ausência do desportista do treinamento ou competição (em dias)

Indique o número estimado de dias em que o desportista não poderá levar a cabo seu programa normal de treinamento ou competir:

0 = 0 dias
1 = 1 dia
2 = 2 dias
7 = 1 semana
14 = 2 semanas
21 = 3 semanas
28 = 4 semanas
> 30 = mais de 4 semanas
> 180 = 6 meses ou mais
CE = carreira encerrada

Коды и классификации (RU)

1 ампула

S связующий
D диагональный
O доигровщик
C блокирующий
L либеро

2 Травмированная часть тела (Место травмы)

Голова и торс

1 лицо (вкл. глаз, ухо, нос)
2 голова
3 шея/шейный отдел
4 грудной отдел/верх. часть спины
5 грудная кость/ребра
6 пояснич.отдел/ниж.часть спины
7 живот
8 таз/крестец/ягодицы

Верхняя конечность

11 плечо/ключица
12 плечевой отдел
13 локоть
14 предплечье
15 запястье
16 кисть
17 палец, кроме большого
18 большой палец

Нижняя конечность

21 тазобедренный сустав
22 пах
23 бедро (п: передний/з: задний)
24 колено (м: медиальный/л:
латеральный)
25 голень (п: передний/з: задний)
26 ахиллово сухожилие
27 лодыжка (м: медиальный/л:
латеральный)
28 ступня/палец

3 Вид травмы - Диагноз

1 сотрясение (независимо от потери сознания)
2 перелом (травматический)
3 усталостный перелом (перегрузка)
4 иные повреждения кости
5 вывих, подвывих
6 разрыв сухожилия
7 разрыв связки
8 растяжение

(повреждение суставов и/или связок)
9 повреждение мениска или хряща
10 растяжение/разрыв мышцы/разрыв
11 ушиб/гематома/кровоподтек
12 тендиоз/тендинопатия
13 артрит/синовит/бурсит
14 фасцит/апоневроз
15 травма плечевого сустава
16 рана/ссадина/повреждение кожи
17 травма зубов/сломанный зуб
18 повреждение нерва/спинного мозга
19 мышечные судороги или спазмы
20 другое

4 Причина травмы

1 перегрузка (постепенная)
2 перегрузка (внезапная)
3 неконтактная травма
4 повторная травма
11 контакт с другим атлетом
12 контакт: движущийся объект (напр.
шайба)
13 контакт: неподвижный объект
(напр. клюшка)
14 нарушение правил (блокировка,
толчок)
21 состояние игрового поля
22 погодные условия
23 повреждение снаряжения
24 другое

5 Примерное время отсутствия на тренировках или соревнованиях (количество дней)

Укажите приблизительное количество дней, в течение которых спортсмен/спортсменка не сможет следовать обычной программе тренировок или участвовать в соревнованиях.

0 = 0 дней
1 = 1 день
2 = 2 дня
7 = 1 неделя
14 = 2 недели
21 = 3 недели
28 = 4 недели
> 30 = свыше 4 недель
> 180 = 6 месяцев и больше

Definicje i kody (PL)

1 Pozycja:

S Rozgrywający
D Atakujący
O Przyjmujący
C Środkowy
L Libero

2 Kontuzjowana część ciała

Głowa i tułów

1 twarz (wł. oko, ucho, nos)
2 głowa
3 szyja/kręgosłup szyjny
4 kręgosłup piersiowy/góra pleców
5 mostek/żebra
6 kręgosłup lędźwiowy/plecy w okolicy lędźwiowej
7 brzuch
8 miednica/k.krzyżowa/pośladki

Kończyna górna

11 obręcz barkowa/obojczyk
12 ramię
13 łokieć
14 przedramię
15 nadgarstek
16 ręka
17 palec
18 kciuk

Kończyna dolna

21 biodro
22 pachwina
23 udo (a: gr.przednia/p: gr.tylna)
24 kolano (m: cz.przyśrodkowa/l: cz.boczna)
25 podudzie (a: gr. przednia/p: grupa tylna)
26 ścięgno Achillesa
27 kostka (m: przyśrodkowa/l: boczna)
28 stopa/palce

3 Diagnoza

1 wstrząśnienie mózgu (bez względu na utratę przytomności)
2 złamanie (urazowe)
3 złamanie zmęczeniowe (przeciążeniowe)
4 inne urazy kostne
5 zwichnięcie, podwichnięcie
6 zerwanie ścięgna
7 zerwanie więzadła

8 skręcenie (uraz stawu i/lub więzadeł)
9 uszkodzenie łąkotki / chrząstki
10 nadciągnięcie/zerwanie mięśnia/rozerwanie
11 stłuczenie/krwiak/siniak
12 zapalenie ścięgna/tendinopatia
13 zap. stawu/maziówki/kaletki
14 zapalenie powięzi/ uszkodzenia rozciągna
15 konflikt tkanek (impingement)
16 skaleczenia/rozerwania/otarcia naskórka
17 uszkodzenia/złamania zębów
18 uszkodzenia nerwów/rdzenia kręgowego
19 skurcze mięśni
20 inne

4 Przyczyna kontuzji

1 przeciążenie (stopniowe)
2 przeciążenie (nagłe)
3 uraz bez kontaktu
4 odnowienie poprzedniej kontuzji
11 kontakt z innym zawodnikiem
12 kontakt z ruchomym obiektem (np. piłka)
13 kontakt z przedmiotem stałym (np. słupek)
14 złamanie przepisów gry (faul)
21 warunki boiska
22 warunki pogodowe
23 uszkodzenie sprzętu sportowego
24 inne

5 Przewidywany czas

niezdolności do treningu i gry (w dniach)

Proszę podać szacowaną liczbę dni niezdolności do podjęcia pełnego obciążenia treningowego lub niezdolności do gry.

0 = 0 dni
1 = 1 dzień
2 = 2 dni
7 = 1 tydzień
14 = 2 tygodnie
21 = 3 tygodnie
28 = 4 tygodnie
> 30 = więcej niż 4 tygodnie
> 180 = 6 miesięcy lub więcej

定義及びコード(JP)

① ポジション

S セッター
D オポジット
O アウトサイドヒッター
C ミドルブロッカー
L リベロ

② 傷害部位- 受傷部位

頭胸部

1 顔面(目、耳、鼻を含む)
2 頭部
3 頸部/頸椎
4 胸椎/上背部
5 胸骨/肋骨
6 腰椎/腰背部
7 腹部
8 骨盤/仙骨/臀部

上肢

11 肩/鎖骨
12 上腕
13 肘
14 前腕
15 手関節
16 手
17 第2 - 第5指
18 母指

下肢

21 臀部
22 鼠径部
23 大腿(a:前部/p:後部)
24 膝 (m:内側/l:外側)
25 下腿(a:前部/m:後部)
26 アキレス腱
27 足関節(m:内側/l:外側)
28 足/足指

③ 傷害の種類 (診断)

1 脳震盪(意識喪失の有無にかかわらず)
2 骨折(外傷性)
3 疲労骨折(酷使による)
4 その他の骨傷害
5 脱臼、亜脱臼
6 腱断裂

7 靭帯断裂
8 捻挫(関節及び/又は靭帯の損傷)
9 半月板又は軟骨の損傷
10 肉離れ/筋断裂/裂傷
11 挫傷/血腫/打撲
12 腱炎/腱鞘炎
13 関節炎/滑膜炎/滑液包炎
14 筋膜炎/腱膜損傷
15 インピンジメント
16 裂傷/擦過傷/皮膚損傷
17 歯芽損傷/歯の折損
18 神経損傷/脊髄損傷
19 筋攣縮又はけいれん
20 その他

④ 傷害の原因

1 使い過ぎ(緩徐に発症)
2 使い過ぎ(急激に発症)
3 非接触性の外傷
4 既往症の再発
11 他の選手との接触
12 移動物との接触(例: ボール)
13 静止物との接触(例: ネット、ポスト)
14 規則違反(反則行為)
21 競技フィールドの状態
22 天候状態
23 器具の欠陥
24 その他

④ トレーニング又は競技会への参加不能推定期間(日数)
選手が通常のトレーニングができない、または競技会に出場できない場合の推定期間を記載してください。

0 = 0 日
1 = 1 日
2 = 2 日
7 = 1 週間
14 = 2 週間
21 = 3 週間
28 = 4 週間
> 30 = 4 週間以上
> 180 = 6 ヶ月またはそれ以上

Definitions and codes (AR)

1- خطورة الإصابة	2- أسباب الإصابة	3- نوع الإصابة	4- الجزء المصاب من الجسم (مكان الإصابة)	5- مركز اللاعب
<p>0: 0 يوم</p> <p>1: 1 يوم</p> <p>2: 2 يوم</p> <p>7: أسبوع واحد</p> <p>14: أسبوعين</p> <p>21: 3 أسابيع</p> <p>28: 4 أسابيع</p> <p>>30: أكثر من 4 أسابيع</p> <p>>180: 6 أشهر أو أكثر</p> <p>CE: نهاية مهنة</p>	<p>1- إصابة تدريجية</p> <p>2- إصابة مفاجئة</p> <p>3- صدمات بدون ملامسة مع لاعب آخر</p> <p>4- تكرار الصدمات سابقة</p> <p>11- نتيجة الالتحام بلاعب آخر</p> <p>12- نتيجة الالتحام بجسم متحرك (الكرة)</p> <p>13- نتيجة الالتحام بجسم ثابت (الشبكة)</p> <p>14- خرق قوانين اللعبة (اللعاب الخطير)</p> <p>21- ظروف ارض الملعب</p> <p>22- الظروف البيئية داخل قاعة اللعب</p> <p>23- سوء المعدات</p> <p>24- أسباب أخرى</p>	<p>1- الارتجاج (يفض النظر فئتان الوحي)</p> <p>2- كسر نكج عن الصدمات</p> <p>3- كسر نكج عن الضغط</p> <p>4- إصابات العظام الأخرى</p> <p>5- اختلاخ جزئي</p> <p>6- حمزق الأوتار</p> <p>7- حمزق الأربطة</p> <p>8- كدمة (إصابة المفصل أو الأربطة)</p> <p>9- آفة العضلات</p> <p>10- كدمات ، قطع العضلة -حمزق</p> <p>11- كدمة /تجمع دموي/رضوض</p> <p>12- التهاب الأوتار</p> <p>13- التهاب الأوتة المفصالية</p> <p>14- التهاب الغشاء /الكبسولة</p> <p>17- إصابات الأسنان ، سن مكسور</p> <p>18- إصابات الإصابع ، إصابات الجبل الثمك</p> <p>19- حنجات العضلات</p> <p>20- إصابات أخرى</p>	<p><u>الرأس والحزء</u></p> <p>(الوجه)الجهة اليمنى /الأذن الأتف-1</p> <p>2- الرأس</p> <p>الرقبة /القرات التقة-3</p> <p>القرات الصدرية /أطى الظهر - 4</p> <p>القصص الصدري /الأضلاع - 5</p> <p>القرات القطنية وأسفل الظهر-6</p> <p>الطن- 7</p> <p>الحوش /الفتخ /الردف - 8</p> <p><u>الأطراف العلوية</u></p> <p>الكف /الترقوء - 11</p> <p>أطى الفراغ - 12</p> <p>المرافق-13</p> <p>الساعد-14</p> <p>المعصم-15</p> <p>اليد - 16</p> <p>الإصبع - 17</p> <p>السبابة - 18</p> <p><u>الأطراف السفلية</u></p> <p>21-الردف</p> <p>22- المعنق/الإربية</p> <p>23-الفتخ الخفقي أو الأمامي</p> <p>24-الركبة</p> <p>25-الساق السفلى (أمامية -خلفية)</p> <p>26- وتر التواءية الساقية</p> <p>27-الكاحل</p> <p>28-القدم ، إصبع القدم</p>	<p>م :لاعب معد</p> <p>! :لاعب إرسال</p> <p>خ :لاعب خارجي ضارب</p> <p>م :لاعب منتصف</p> <p>ح :لاعب حر</p>