# Volleyball Injury Report Form

**M-10**

<table>
<thead>
<tr>
<th>Event:</th>
<th>Place:</th>
<th>Dates:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team:</td>
<td>Match:</td>
<td>Dates:</td>
</tr>
<tr>
<td>Team Doctor:</td>
<td>Match #:</td>
<td>Date:</td>
</tr>
<tr>
<td>Any injury?</td>
<td>NO</td>
<td>If “YES”, please complete information below</td>
</tr>
</tbody>
</table>

⚠️ This form must be filled even when no injury occurred ⚠️

<table>
<thead>
<tr>
<th>Player #</th>
<th>Position</th>
<th>Time of injury</th>
<th>Injury location</th>
<th>Type of injury</th>
<th>Cause of injury</th>
<th>Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code</td>
<td>Training (date)</td>
<td>Match (set #)</td>
<td>Description</td>
<td>Code</td>
<td>Description</td>
<td>Code</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Code</td>
<td>Description</td>
<td>Code</td>
</tr>
</tbody>
</table>

**Definitions & Codes**

**Player function:**

- S: Setter
- D: Diagonal
- O: Outside hitter
- C: Center player
- L: Libero

**Injury location - injured body part:**

- **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**
  - 9. shoulder/clavicle
  - 10. upper arm
  - 11. elbow
  - 12. forearm
  - 13. wrist
  - 14. hand
  - 15. finger
  - 16. thumb

- **Lower extremity**
  - 17. hip
  - 18. groin
  - 19. thigh (a: anterior/p: posterior)
  - 20. knee (m: medial/l: lateral)
  - 21. lower leg (a: anterior/p: posterior)
  - 22. Achilles tendon
  - 23. ankle (m: medial/l: lateral)
  - 24. foot/toe

**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/ tears
11. contusion/haematoma/bruise
12. tendinosis/tendinopathy
13. arthritis/synovitis/bursitis
14. fascitis/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

**Severity - expected duration of absence from training or competition (in days):**

<table>
<thead>
<tr>
<th>Severity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>2 days</td>
</tr>
<tr>
<td>7</td>
<td>1 week</td>
</tr>
<tr>
<td>14</td>
<td>2 weeks</td>
</tr>
<tr>
<td>21</td>
<td>3 weeks</td>
</tr>
<tr>
<td>28</td>
<td>4 weeks</td>
</tr>
<tr>
<td>&gt;30</td>
<td>more than 4 weeks</td>
</tr>
<tr>
<td>&gt;180</td>
<td>6 months or more</td>
</tr>
</tbody>
</table>

**Cause of injury – diagnosis:**

1. overuse (gradual onset)
2. overuse (sudden onset)
3. non-contact trauma
4. recurrence of previous injury
5. contact with another athlete:
   - a. same team
   - b. another team
6. contact: moving object (eg.ball)
7. contact: stagnant object (eg.net/post)
8. violation of rules (foul play)
9. field of play conditions
10. hall environmental conditions
11. equipment failure
12. other

**Signature Team Doctor:**

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**NOTE:** An injury is defined as any physical complaint sustained by a player during the match or during training prior to the match.

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