

# Volleyball Injury Report Form

**M-10**

Event:

Place:

Dates:

Team:  Match:  -

Match #:

Date:

Team Doctor:  First Name  Last Name

Mobile:

Any injury?  NO If "YES", please complete information below  
 YES

This form must be filled even when no injury occurred

Player #	Position		Time of injury		Injury location		Type of injury			Cause of injury				Severity	
	Code	Training (date)	Match (set #)	Description	Code	Description	Code	Description	Code	Code 11: Contact with another athlete		Returned to game		Absence (Code)	
										Yes a / b	No	Yes	No		

**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*

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

**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

**Cause of injury - diagnosis:**

1. overuse (gradual onset)
2. overuse (sudden onset)
3. non-contact trauma
4. recurrence of previous injury
11. contact with another athlete:
  - a. same team
  - b. another team
12. contact: moving object (eg.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

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

- 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

Signature Team Doctor:

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