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Seasonal prevalence of hip and groin problems in elite female ice hockey players and relation to self-reported function in the beginning of the new season

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Background & Purpose

The prevalence and severity of hip and groin problems in women's elite ice hockey is unknown. Aim of this study was therefore to describe seasonal prevalence and duration of hip and groin problems in women's elite ice hockey, as well as the relation to self-reported hip and groin function in the beginning of the new season.

Methods

Sixty-nine elite players [Mean age (SD): 22 (5)] from the Swedish Women Hockey League (SWHL) responded to an online survey, assessing history and duration of hip and groin problems in the previous season and current self-reported hip and groin function [Copenhagen Hip and Groin Outcome Score (HAGOS)].

Results

Prevalence of hip and groin problems during the previous season is illustrated in Figure 1. Players reported median symptom durations of 1.5 weeks with an interquartile range of 1-2.25 weeks. Players with hip and groin problems during the previous season reported worse hip function in the beginning of the following season compared to players without history of such problems (p≤0.01) (Figure 2).

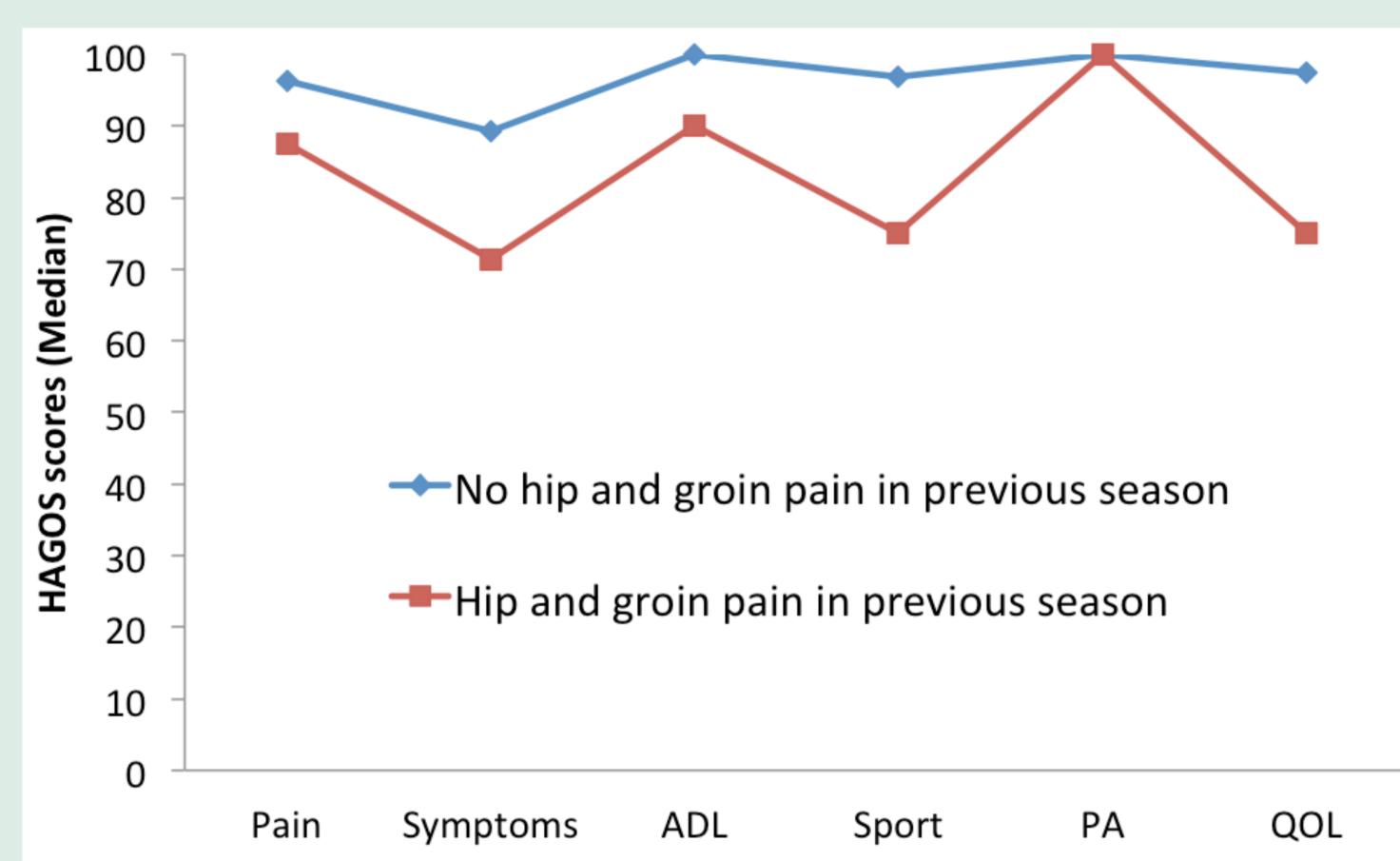


Figure 2: HAGOS scores in the beginning of the new season in players with different hip and groin pain durations during the previous season

Hip and groin problems (time loss):

21.6%

Hip and groin problems (non time loss):

60.9%

Figure 1: Prevalence of hip and groin problems

Conclusion

- Hip and groin problems are prevalent in professional female ice hockey
- 2/3 of all players reported to have had hip and groin problems in the previous season
- 1 in 5 players reported time-loss due to hip and groin problems
- Players reporting hip and groin problems during the previous season had significantly reduced selfreported hip and groin function in the beginning of the new season

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