

Resource document:

Winter

Basketball injuries

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Narrative:

Basketball injures more Soldiers and Civilians than any other sporting activity.

Since it can be played at any time of the year, the risks literally never go away.

Basketball injuries result in lost duty time and reduce mission readiness.

Soldiers, Leaders and Civilians must remain vigilant to identify preventable actions or situations that may cause injury.

Warm-up and preparation are essential for any physical activity, especially basketball.

Players should 'play at their level' to minimize the chance of injury.

Key Messages:

- Injuries from sports and exercise are one of the leading causes of injury hospitalizations for the active Army.
- Most sports injuries, including basketball injuries, don't require hospitalization.
- Proper preparation and warm-up is essential before any type of exercise, for active duty Soldiers, Family members or civilians.
- Besides injury, basketball incidents also affect Army readiness.

Talking points:

From the 2008 Status of Forces Survey of active-duty Soldiers, it was determined that an estimated 145,000 Soldiers were injured while participating in exercise and sports during the 12-month period. Of these, 10,600 Soldiers were injured playing basketball.

Nearly one-third of the basketball injuries, affecting 3,180 Soldiers, were sprains, mostly of the ankle and knee, according to U.S. Army Public Health Command data.

Most sports injuries for both military and civilians, including basketball injuries, don't require hospitalization.

For the civilian population, a total of 528,584 basketball injuries were reported by the Consumer Product Safety Commission's National Electronic Injury Surveillance System, making it the leading sports injury. Fortunately, only 5,732 of the injuries required hospitalization.

Football injuries totaled 'only' 489,676 during the same period.

The typical ankle and knee sprain results in an average of 14 days of limited duty. If 3,180 Soldiers have a knee or ankle sprain from basketball, it is estimated they total approximately 44,500 days of limited duty each year.

Besides injury, basketball incidents also affect Army readiness.

Even while deployed, sports and exercise is a leading cause of injury for Soldiers.

Sports and exercise are the leading causes of non-battle injuries that were air evacuated from Iraq or Afghanistan from 2003-2011. During this same period, 165 Soldiers were hospitalized in Iraq or Afghanistan for a basketball injury.

Basketball was the leading sports activity for air evacuated sports injuries.

These injuries affected the readiness not only of the Soldiers, but also the entire unit.

Additional Soldiers were injured playing basketball and did not require hospitalization or air evacuation but still had limited duty days for their injury.

Tips:

Proper preparation and warm-up is essential before any type of exercise, for active duty Soldiers, Family members or civilians.

Steps for prevention of basketball injuries include wearing a mouth guard, removing rings, watches and other jewelry; removing trip hazards such as water bottles and gym bags from the sidelines, and, if you have a previously sprained ankle, wearing a sports ankle brace to avoid re-injury.

Encourage Soldiers and Civilians to watch the actions of other players during play and don't be shy about identifying problems before someone gets hurt.

Historical Reference:

<https://safety.army.mil/>

<http://phc.amedd.army.mil/Pages/default.aspx>

<http://www.cpsc.gov/>

Statistics:

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From the 2008 Status of Forces Survey of active-duty Soldiers, it is estimated that 145,000 Soldiers were injured while participating in exercise and sports during the 12-month period.

The 2008 SOF Survey determined that 10,600 Soldiers were injured playing basketball. A total of 3,180 Soldiers injured while playing basketball suffered sprains, mostly of the ankle and knee, according to data from the U.S. Army Public Health Command.

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