

**GRAND ROUNDS**

**Melissa Schiff, MD, MPH**  
**Professor, Department of Epidemiology**  
**University of Washington**  
**Harborview Injury Prevention and Research Center**

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**12 PM-1 PM**  
**Campus Services Building Room 679**

**Soccer Injuries in Middle School Girls:  
Measuring Injuries and Risk Factors**

**ABSTRACT**

Soccer is the most popular sport world-wide and is growing in popularity among female youth in the U.S. We performed a prospective cohort feasibility study to evaluate reliability of selected risk factors and compare two injury surveillance systems. Our study population was comprised of female youth soccer players 12 to 14 years of age from a youth soccer club in Seattle, Washington. Trained physical therapists assessed all soccer players at the beginning of the soccer season for hip and knee strength and jump biomechanics. We evaluated inter-rater and intra-rater reliability of these measurements. We also compared two injury surveillance systems - certified athletic trainers (ATC) attending one soccer practice per week and a weekly soccer parent email system. We will present results on our reliability study and the comparison of our injury surveillance systems. Data on our current 5-year study of risk factors for soccer injuries in this population will also be briefly described.

Food and beverages will be provided.