INJURIES CAUSED BY MOTOCROSS ACCIDENTS
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Motocross is a very popular sports activity but only little information is available on the patterns of injury and morbidity associated with motocross accidents.

All patients that were treated in Kuopio University Hospital during the years 2001 until 2005 because of a motocross accident were included in the study. Information about the injured person, kind of injury, length of hospital stay and duration of sick leave was obtained retrospectively from the patients’ records.

23 patients (average age 25.3 SD 11.8 years) with a total of 29 injuries were studied. Almost half of the injuries affected the lower extremity (48%) with the knee being most commonly injured (17% of all injuries). Upper extremity injuries were found in 24% and involved the clavicle/AC-joint (17% of all injuries) and shoulder (7%). Fractures accounted for 77% of lower extremity and 57% of upper extremity injuries.

Other injuries of the extremities were wounds, dislocations and ligament injuries. Thorax and abdomen were each injured in 10% of the cases. Injuries of head or spine were rare (3%). The average length of primary hospital stay was 4.3 SD 3.4 days and duration of sick leave 100.2 SD 70.4 days. Most accidents occurred in August and September.

When interpreting the results it must be kept in mind that the material studied was restricted to patients treated in university hospital. Patients with minor injuries were not necessarily referred to the hospital but treated in a local health care centre and therefore not included in the study.

Keywords: Sports Injuries, Traumatology