



Injury Report Form

M-10

Event:
Place:
Dates:

Team:
Match: -
Match #:
Date:

Team Doctor:
Mobile:
E-mail:

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

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

| Player # | Function Code | Time of injury | | Injury location | | Type of injury | | Cause of injury | | Severity | |
|----------|------------------|--------------------|------------------|-----------------|------|----------------|------|-----------------|------|--|-------------------|
| | | Training (date) | Match (set #) | Description | Code | Description | Code | Description | Code | Returned to game | Absence (Code) |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | | | | | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> 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
- 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):

- 0: 0 days
- 1: 1 day
- 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: