

WHAT DOESN'T KILL YOU MAKES YOU STRONGER

An investigation into sports injuries sustained by teenagers



INTRODUCTION

Injuries are occurring in young people now more than ever, and are leaving them with long-term effects that affects their sports abilities, social life and mental health. Many young athletes are starting to get injured at a much earlier age, and therefore are being forced to spend time away from their favourite hobbies. This itself discourages the teenagers and many find themselves not going back to sports at all.

The goal of our project is to find out what sports people sustain the most injuries in, and to also determine what is the most injured part of the body, based off questions referring to what sport the injury was sustained in, what age it occurred at and what part of the body it injured. The results obtained are from unseen data from a survey sent out from us to our school and its accuracy has been verified. All three of us in the group were all very interested in the topic as we've all recently faced a harsh injury, which has taken us all out of sports. This of course had effects on all of us, and we wanted to reach out to others who sustained injuries to see if they were facing similar effects.

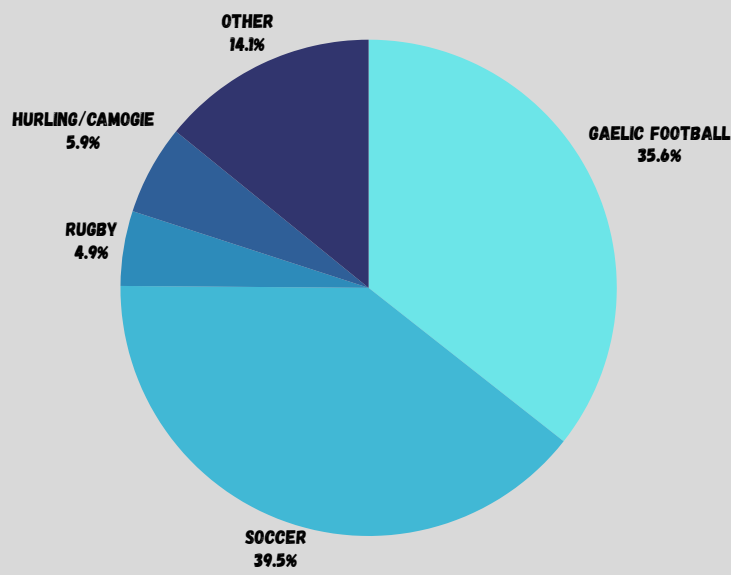
METHOD AND RESULTS

To obtain the data we needed to further research and develop our project, we sent out a survey to our school in which we received 113 responses to.

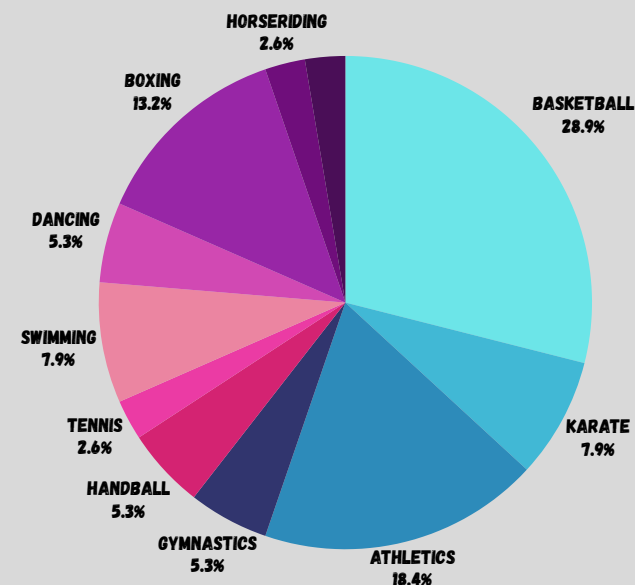
We compiled our results and began to analyse them based off the many different questions we posed to our school community. Once we had obtained all our responses we sorted the responses into categories and began to study them closer. We surveyed 43 males and 70 females, 103 of which had played sport before.

These are the results we obtained:

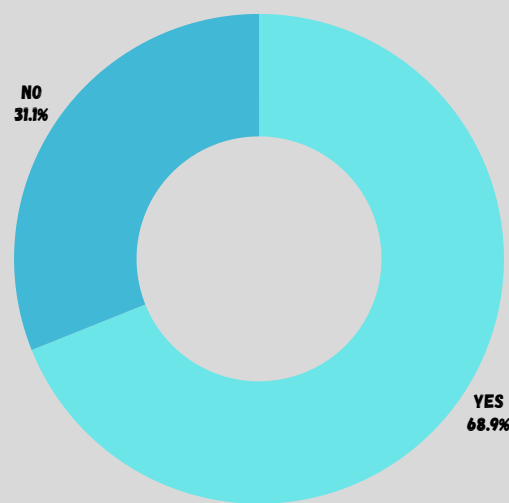
WHAT SPORT(S) DO YOU PLAY?



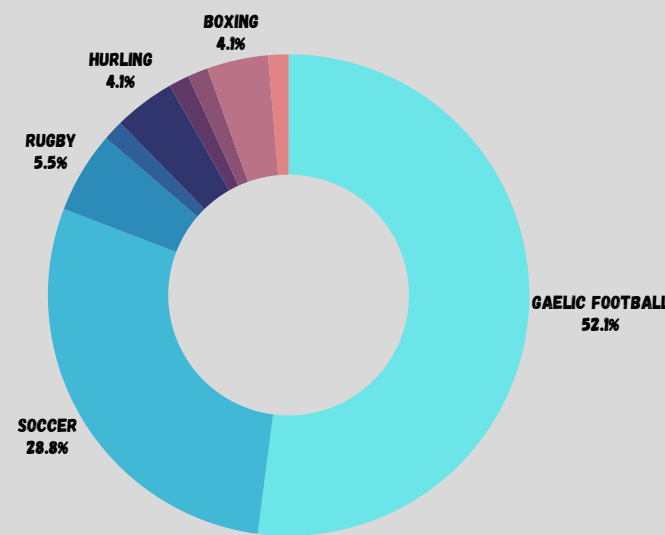
OTHER SPORTS RECORDED



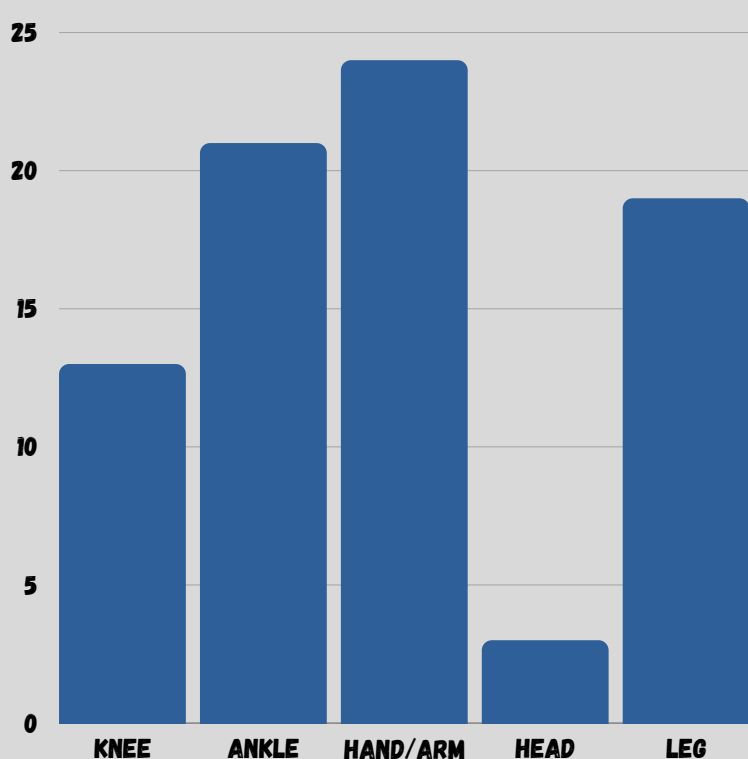
HAVE YOU EVER GOTTEN INJURED PLAYING SPORT BEFORE?



WHAT SPORT WERE YOU INJURED IN?



WHAT INJURY(IES) DID YOU SUSTAIN?



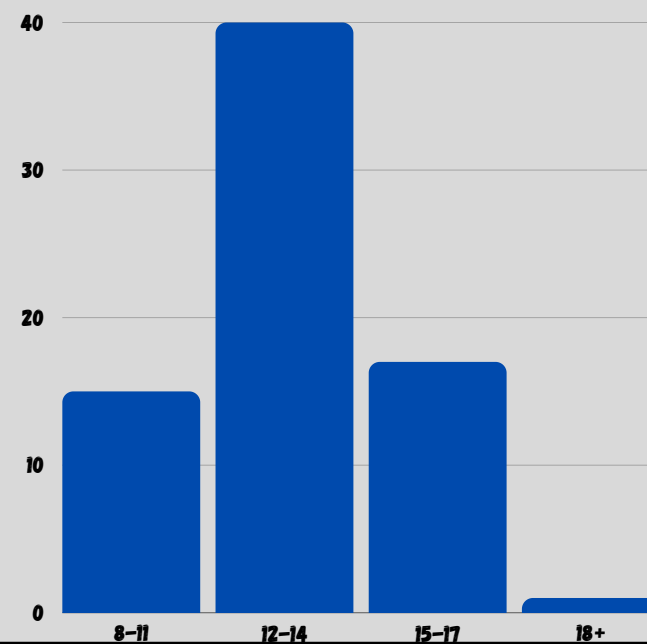
From the responses to this question we immediately got a clearer view of the range of injuries that teenagers suffer from, and also got to see the difference in them, ranging from sprained fingers to ACL tears, many of which will take up 9 months to repair. This will obviously have a detrimental effect on the people who suffered the injury.



HYPOTHESIS

We predict that the sport most people have sustained injuries in is Gaelic Football, based of the number of people in our school community that play Gaelic Football and have recently suffered injuries.

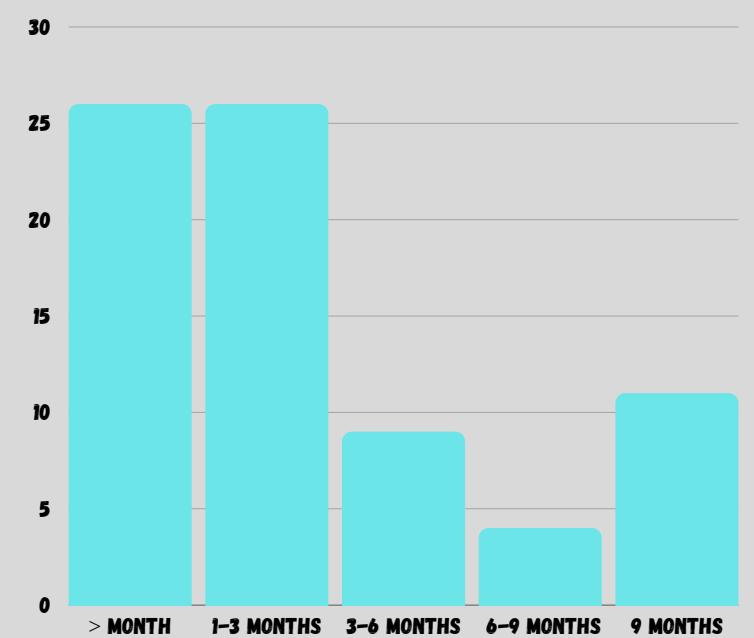
WHAT AGE WERE YOU INJURED AT



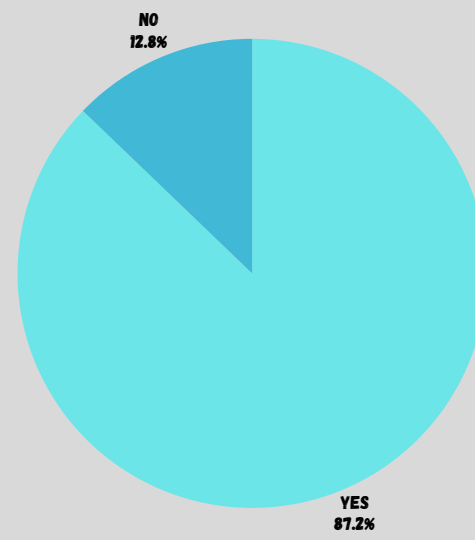
From the responses to this question we were clearly able to see that most of the injuries teenagers sustained occurred between the ages of 12 and 14 years old. This would mean that the teenagers were injured while playing underage sports, which could potentially have left them with career lasting effects.

HOW LONG WAS YOUR RECOVERY?

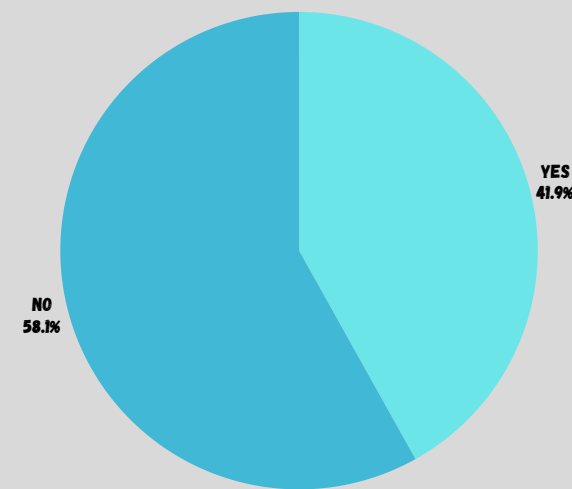
The results from this question gave us a clear insight into what young athletes have to suffer through when they get injured. 26 people were injured for less than a month and although this can be quite taxing on that person and their mental health, but it doesn't compare to the 11 people who were out of sports for more than nine months. That is almost a full year, and you can only imagine how hard it must be to not be able to pursue one of your passions for that amount of time. We found at the end of our research that the average recovery time is 3 months.



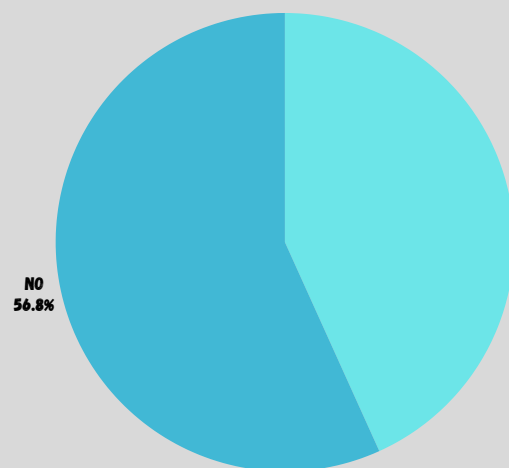
DID YOU/WILL YOU GO BACK TO SPORT AFTER YOUR INJURY?



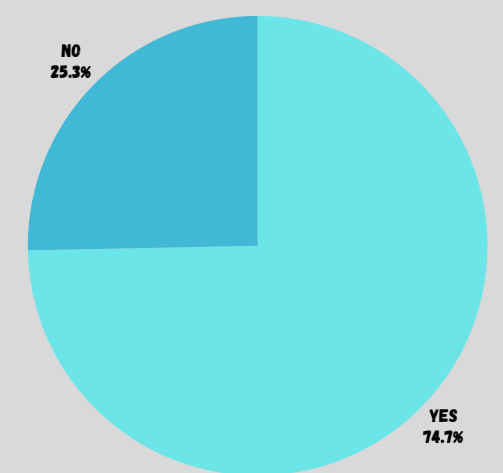
DID YOU FIND IT HARD TO PLAY AT THE SAME LEVEL YOU WERE AT PRIOR TO YOUR INJURY?



WAS YOUR MOTIVATION TO RECOVER/GO BACK TO SPORTS AFFECTED BY YOUR INJURY?



DID YOU FIND IT DIFFICULT BEING AWAY FROM SPORT?



CONCLUSION

At the end of our project we had discovered that out of the 103 people we surveyed that did sport, 71 of them had suffered injuries. These injuries ranged from sprained figures and torn muscles to ACL repairs and surgeries to get somewhat of their abilities back. We learned that out of the 71 people that were injured, 11 of those had a recovery time of or longer than 9 months. The 9 months away from your favourite sport will no doubt have a detrimental effect on a person's mental health, and out of the people we surveyed we learned that 59 of these people found it incredibly difficult away from sport, and a further 32 people said that their motivation to recover was affected by their injury and understandably so.

Upon further investigation we also learned that out of the 71 people that were injured 49 of those were girls, and when we researched more into we learned that this is more than likely because of the fact that females naturally have a smaller calf girth and femoral adduction than men. Women's joints (including the knee) have more looseness and a larger range of motion than men's, and this increases the risk of ACL tears. Women also naturally have less muscle mass around the knee, with this contributing to more instability, which can lead to an easy ligament tear if it is overstretched. Technique differences also play a role. The different levels of estrogen in men and women's also play a large part in taking care of bone development and maintenance. Men and women have different structured bones too, with women having smaller, thinner bones making them more susceptible to breaks and fractures.

During our research we also discovered that 12.8% people did not go back to sports after their injury, which could be related to a mixture of detrimental mental health issues or from the lack of support during their recovery time. We think it's extremely important that all young athletes that have gone through or are going through recovering from an injury, should have different resources to help get them through their journey back to their favourite sport.