

1 **Appendix:**2
3*Appendix 1: Injuries and burden among professional luge athletes over 46 weeks including a preparation and a competition phase*

Appendix 1: Injuries and burden among professional luge athletes over 46 weeks including a preparation and a competition phase				
Region	Injuries	Injury Incidence Rate (IIR)	Median Time Loss	Burden
	n	95% CI	Days (IQR)	Median Severity Score (IQR)
Head	7	17.5% (5.57 – 29.43)	2.5 (1.0)	42.0 (15.0)
Neck	11	27.5% (10.33 – 44.67)	2.0 (2.5)	28.0 (14.5)
Cervical spine	2	5.0% (0.0 – 11.84)	2.0 (0.0)	36.5 (5.5)
Shoulder	10	25.0% (13.99 – 46.00)	2.0 (1.5)	35.35 (16.0)
Upper arm	1	2.5% (0.0 – 7.39)	0.0 (0.0)	34.0 (0.0)
Forearm	2	5.0% (0.0 – 11.84)	4.0 (0.0)	40.5 (6.5)
Wrist	8	20.0% (2.53 – 37.47)	4.0 (22.0)	40.5 (19.7)
Hand	11	27.5% (9.39 – 35.61)	2.0 (3.0)	37.8 (14.6)
Thoracic spine	1	2.5% (0.0 – 7.39)	0.0 (0.0)	53.0 (0.0)
Lumbar spine	9	22.5% (6.06 – 38.94)	1.0 (1.0)	52.6 (31.5)
Hip/ Pelvis	10	25.0% (3.45 – 19.04)	1.0 (0.0)	44.2 (20.5)
Thigh	4	10.0% (0.0 – 21.74)	3.0 (2.0)	47.3 (18.9)
Knee	4	10.0% (0.58 – 19.42)	3.0 (2.5)	70.0 (10.3)
Lower Leg	2	5.0% (0.0 – 11.84)	0.0 (0.0)	21.0 (7.0)
Ankle	6	15.0% (0.0 – 15.12)	2.0 (0.0)	47.0 (46.0)
Foot	10	25.0% (9.7 – 40.29)	7.0 (4.0)	33.8 (38.6)
Other	2	5.0% (0.0 – 7.39)	0.0 (0.0)	51.0 (0.0)

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Appendix 2: Comparison of Acute Injuries and Overuse Injuries between the Preparation Phase and the Competition Phase

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	Preparation	Competition		Preparation	Competition	
Acute Injury			Overuse Injury			
Head	1	6	Head	0	0	
Neck	1	5	Neck	0	5	
Cervical spine	1	0	Cervical spine	0	1	
Shoulder	2	1	Shoulder	4	5	
Upper arm	0	1	Upper arm	0	0	
Forearm	1	1	Forearm	0	0	
Wrist	4	2	Wrist	1	1	
Hand	1	7	Hand	1	0	
Thoracic spine	0	1	Thoracic spine	0	0	
Lumbar spine	2	0	Lumbar spine	3	4	
Hip/Pelvis	2	1	Hip/Pelvis	1	5	
Thigh	1	1	Thigh	2	0	
Knee	2	0	Knee	1	1	
Lower Leg	0	0	Lower Leg	2	0	
Ankle	2	1	Ankle	3	0	
Foot	3	5	Foot	2	0	
Other	0	2	Other	0	1	
Total	23	34	Total	20	23	

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