Liverpool F.C. Injury Audit Record Form

<table>
<thead>
<tr>
<th>Name:</th>
<th>Code no:</th>
<th>Team:</th>
<th>Date of injury:</th>
<th>Date of return to full participation:</th>
</tr>
</thead>
</table>

### Injured body part
- Head/face
- Neck/cervical spine
- Sternum/ribs/upper back
- Abdomen
- Lower back
- Pelvis
- Foot/toe
- Shoulder/clavicula
- Upper arm
- Elbow
- Forearm
- Wrist
- Hand/finger/thumb
- Hip/groin
- Anterior thigh
- Posterior thigh
- Knee
- Lower leg/Achilles tendon
- Ankle

### Injury side
- Right
- Left
- Bilateral/central

### Type of injury
- Haematoma/contusion/bruise
- Tendon injury/tendinosis/rupture
- Dental injury
- Muscle cramp/strain/rupture
- Laceration
- Structural brain injury
- Ligament sprain/rupture
- Dislocation/subluxation
- Vertebral disc lesion
- Abrasion
- Synovitis/effusion
- Spinal cord injury/transection
- Lesion of meniscus/cartilage
- Bursitis
- Visceral injury
- Fracture
- Nerve injury
- Other type (specify):
- Other bone injury (specify):
- Concussion

### Diagnosis:

Was this a re-injury?
- No
- Yes (give date of return from previous injury):

Was the injury caused by overuse (gradual onset) or trauma (acute onset)?
- Overuse
- Trauma
- Not applicable

When did the injury occur?
- Training
- Match (min of injury):
- Not applicable (overuse injury)

### Indicate type of training or match where injury occurred
- Warm-up
- Cool-down
- Friendly match
- National Team Training
- Weights
- National Team Match
- Non-weights conditioning
- Football training – contact
- Football training – non-contact
- Competitive Match – (includes League & Cup)

### Standard of Play
- Training group when injured:
- Match group when injured:

### Indicate playing position at time of injury
- Goalkeeper
- Defender
- Midfielder
- Forward

### Indicate surface where injury occurred
- Grass
- AstroTurf
- Other
- Not applicable (overuse injury)

Was the injury caused by contact or collision?
- No
- Yes, with other player
- Yes, with object (specify)

### Injury mechanism
- Running/sprinting
- Jumping/landing
- Hit by ball
- Kicked by player
- Twisting/turning
- Falling/diving
- Collision
- Unknown mechanism
- Shooting
- Stretching
- Heading
- Other acute mechanism
- Passing/crossing
- Sliding
- Tackled by player
- Specify:
- Dribbling
- Overuse
- Tackling player

### Injury mechanism:
(Describe in own words)

### Investigation:

Medical treatment given (ie injection):

Surgery required: