the injury and illness patterns in women’s premier league football.

Materials and Methods During the 2020 and 2021 seasons players in the women’s premier league in Norway reported all health problems (acute injuries, overuse injuries and illnesses) weekly, using the Oslo Sports Trauma Research Centre Questionnaire on Health Problems. We calculated incidence, average weekly prevalence, and burden (the cross-product of incidence and severity) of all health problems reported.

Results We included 294 female football players (22±4 years, range: 16–37) in the study. The average response rate to the weekly questionnaire was 79% (SD: ±9%). On average, 32% (95% CI, 31% to 33%) of the players reported at least one health problem at any time and 22% (95% CI, 21% to 23%) reported a health problem negatively affecting their training volume or performance. Acute injuries caused the greatest burden of all health problems (68% of the total burden), followed by overuse injuries (25%) and illness (8%). Thigh was the most common injury location (n=143, 26% of all cases), but knee injuries caused the greatest time-loss (42% of total time-loss).

Conclusion One in five players in the women’s premier league in Norway had a health problem negatively affecting their training volume or performance at any time. Acute injuries represented the most burdensome health problem. Thigh injuries were most frequent while knee injuries caused the greatest time-loss.

Introduction Patellofemoral pain (PFP) is one of the most common knee conditions across the lifespan. An essential question from patients is “what is the expected course/outcome”? Currently, there are no comprehensive syntheses of current evidence to inform clinical practice on prognosis for those living with PFP. This systematic review aims to investigate the long-term (defined as ≥ 12 months) prognosis of knee pain and knee function in adults and adolescents with PFP.

Materials and Methods A systematic search was performed in PubMed, EMBase, the Cochrane Central Register of Controlled Trials (CENTRAL), Web of Science, OpenGrey.eu. This was supplemented with a hand search, including recent International Patellofemoral Research Retreat abstracts. Prospective studies investigating long-term prognosis (≥12 months) in people with PFP aged <40 years were included. Retrospective studies and studies with <20 participants were excluded. Identified studies were screened and data was extracted on knee pain and self-reported knee function (all done by at least two independent reviewers). The systematic review was pre-registered on OSF.io (DOI: 10.17605/OSF.IO/W4DT3).

Results 17723 records were identified. After removal of duplicates 12203 were screened with 185 studies assessed by full text for eligibility. 66 studies were included. Of these, 15 were randomised control trials and 51 were prospective cohort studies.

Conclusion We will present the results for the long-term prognosis for people living with PFP at the Sportskongres 2022. Our results will provide clinicians and patients with a potential answer to one of the most frequently asked questions.