

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 football 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.

117 GROIN INJURIES IN WOMEN'S PREMIER LEAGUE FOOTBALL IN NORWAY. A 2-YEAR PROSPECTIVE COHORT STUDY DESCRIBING CLINICAL AND IMAGING CHARACTERISTICS

¹Solveig Thorarinsdottir*, ¹Roar Amundsen, ^{1,2}Roald Bahr, ^{1,6}Thor Einar Andersen, ⁴Arne Larmo, ³Roar Pedersen, ^{1,3}Merete Møller. ¹Oslo Sports Trauma Research Center, Sognsveien 220, Norway; ²Department of Sports Medicine, Aspetar Orthopedic and Sports Medicine Hospital, Sports City Street, Qatar; ³Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, Denmark; ⁴Evidita Oslo City, Stensgata 1, Norway; ⁵Unilabs Røntgen Tønsberg, Jernbanegaten 1D, Norway; ⁶The Norwegian FA Medical Centre, Ekebergveien 101, Norway

10.1136/bmjsem-2023-sportskongres2023.41

Introduction The primary aim of this study was to describe the clinical entities and imaging characteristics of groin injuries in women's football.

Materials and Methods During the 2020 and 2021 seasons, players in the Norwegian women's premier football league reported groin injuries weekly, using the Oslo Sports Trauma Research Center Questionnaire on Health Problems. The team physical therapist (PT) classified the athlete-reported injuries using a standardized examination form. Injuries with more than 3 days' time-loss or reported in 2 consecutive weeks were eligible for magnetic resonance imaging (MRI), applied to describe the injury characteristics.

Results The PTs examined 66 of 126 athlete-reported groin injuries (52%). Thirty-nine (59%) of the PT-examined injuries were classified as adductor-related, 10 (15%) iliopsoas-related, 6 (9%) in rectus femoris, 4 (6%) pubic-related, 4 (6%) hip-related, 2 (3%) inguinal-related, and one (2%) other. Rectus femoris injuries caused the greatest time-loss (median: 15

days, IQR: 6–26), followed by pubic-related injuries (median: 14 days, IQR: 1–91). Of the 55 injuries meeting MRI criteria, 42 (76%) were investigated with MRI. Of the injuries examined by MRI we found no findings in 8 cases (19%), acute injury findings in 6 cases (14%) and chronic findings in 29 cases (69%). The most common acute and chronic findings were in the proximal rectus femoris (n=4) and symphyseal joint surface irregularities or subchondral cysts (n=7), respectively.

Conclusion Adductor-related groin injuries were the most common, and injuries to the rectus femoris caused the greatest time-loss. The majority of MRI examinations demonstrated chronic findings.

118 THE LONG-TERM PROGNOSIS OF PATELLOFEMORAL PAIN (PFP) IN ADOLESCENTS AND ADULTS: A SYSTEMATIC REVIEW WITH META-ANALYSIS AND META-REGRESSION

^{1,2}Kristian Lyng*, ^{2,3}Sinead Holden, ⁴Sonay Gürühan, ¹Alessandro Andreucci, ²Line Bay Sørensen, ¹Negar Pourbordbari, ¹Clara Vad Guldhammer, ^{1,2,5}Christian Lund Nørgaard Straszek, ¹Simon Kristoffer Johansen, ^{1,2}Michael Skovdal Rathleff. ¹Center For General Practice at Aalborg University; ²Department of Health Science and Technology, Faculty of Medicine, Aalborg University, Denmark; ³UCD Clinical Research Centre, School of Medicine, University College Dublin, Ireland; ⁴Department of Physiotherapy, University College of Northern Denmark (UCN), Aalborg, Denmark; ⁵Gazi University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, Ankara, Turkey

10.1136/bmjsem-2023-sportskongres2023.42

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/WD4T3).

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.