What are the common field hockey injuries?

Although field hockey is classified as a non-contact sport, acute injuries may result from contact with a stick, the ball, another player or the playing surface or goal cage.

The most common injuries in women’s field hockey include:

Hand and wrist injuries
Because field hockey is played in a semi-crouched position with the right hand placed low on the stick, the hands and fingers are extremely vulnerable to injury from contact with the ball or an opponent’s stick. Hand fractures, especially in the fingers are common.
How can field hockey injuries be prevented?
As we learn more about the types of injuries that most commonly occur in field hockey, it is possible to design and implement strategies targeted to injury prevention.

Tips to prevent field hockey injuries include:
• Wear appropriate personal protective gear.
• Gradually increase the frequency, intensity, and duration of training to avoid overuse injuries.
• Balance cardiovascular, strength, flexibility, and skills training.
• Be aware of potentially hazardous environmental conditions like excessively hot or wet conditions and plan accordingly.
• Rest. Take some time away from training both during and between seasons to avoid overuse injury and burnout.
• Don’t specialize in one sport. Take time to participate in other sports to enhance your performance.
• Report all injuries in a timely fashion and seek appropriate medical care. don’t try to “play through the pain.”
• Participate in adequate and supervised rehabilitation for all injuries. Returning to a sport prematurely is associated with a high risk of re-injury.
• Consider participation in neuromuscular training programs to prevent common ankle and knee injuries.

Expert resources
Cordelia W. Carter, MD
Mininder S. Kocher, MD, MPH

References


Sports Tips provide general information only and are not a substitute for your own good judgement or consultation with a physician. To order multiple copies of this fact sheet or learn more about sports injury prevention, please visit www.STOPSportsInjuries.org.