



# FAST FACTS Injuries

Damage to the body's extremities and spine,  
or musculoskeletal injuries

## Self-reported Injuries

- Most injuries occur in or around the home.

## Traumatic Injuries

- Falls and trauma are leading causes of hospital admissions and emergency department visits.

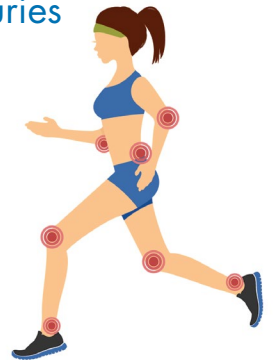
## Falls

- Age is a factor in fall-related hospital emergency department admissions.
- The rate of deaths per 100,000 due to falls rose from **62.3**/100,000 for those aged 75-84 to **250.1**/100,000 for those aged 85 and over.



## Sports and Recreational Injuries

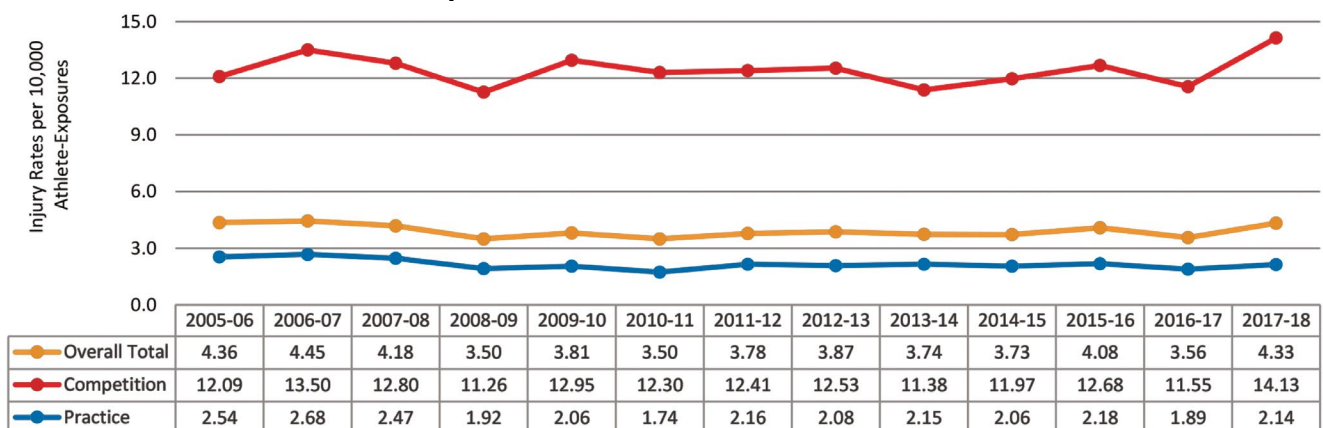
- Cycling and wheeled sports account for **19.9%** of all recreational sports injuries and musculoskeletal injuries serious enough to warrant a visit to the emergency department.
- Fitness training also contributes **an additional 16.3%** of injuries seen in the emergency department.
- Musculoskeletal injuries treated in the emergency department occur in the **highest proportion among children** aged 2-18, due in part to high numbers of playground injuries, biking, skateboard, and scooter injuries.
- Football had the highest injury incidence rate** for musculoskeletal injuries among all high school team sports, followed by girls' soccer and boys' wrestling.
- ACL injuries are higher among female athletes at the college level.



## Workplace Injuries

- Work-related injuries and illnesses involving days away from work have declined steadily, possibly due to heightened attention to workplace safety.

**Trends in Annual Injury Incidence Rate, Football, For High School Athletes, by Year, United States 2005-2018**



Source: Comstock RD, Parniani LA, Arokial A, Bihl JH. Summary Report National High School Sports-related Injury Surveillance Study 2017-18 School Year. <http://www.ucdenver.edu/academics/colleges/PublicHealth/research/ResearchProjects/piper/projects/RIO/Documents/2017-18.pdf> Accessed August 2, 2019

Data references available on the reverse side.



**Fast Facts:** This data is sourced from *The Burden of Musculoskeletal Diseases in the United States (BMUS)*, [boneandjointburden.org](http://boneandjointburden.org).

## Military Injuries

- Musculoskeletal injury or pre-existing musculoskeletal conditions are the **most common reason for medical discharge** from the Armed Services across all branches.
- Injury and poisoning and musculoskeletal system conditions are among the **top four causes** of hospitalizations for all military personnel.

**References:** For additional information, refer to the tables listed below at [boneandjointburden.org](http://boneandjointburden.org).

## Self-reported Injuries

- [1] <https://www.boneandjointburden.org/fourth-edition/va2/locationactivity-time-injury> Where Injury Occurred for Self-Reported Medically Consulted Musculoskeletal Injuries in the Past Three Months, by Sex, United States 2013-2015

## Traumatic Injuries

- [2] <https://www.boneandjointburden.org/fourth-edition/vb1/cause-msk-traumatic-injuries> Share of Musculoskeletal Injuries Seen in Hospital Discharges and Emergency Department Visits, by Cause, United States 2013

## Falls

- [3] <https://www.boneandjointburden.org/fourth-edition/vc0/falls> Unintentional Injuries from Falls Treated in Hospital Emergency Departments and Admitted to a Hospital, by Age, United States 2015.
- [4] <https://www.boneandjointburden.org/fourth-edition/vc0/falls> Rate of Deaths Due to Falls from Unintentional Injury Episodes by Age and Sex, United States 2015

## Workplace Injuries

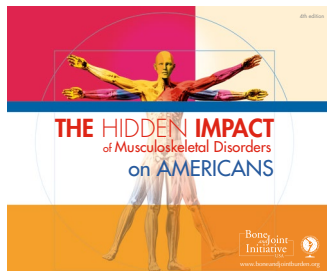
- [5] <https://www.boneandjointburden.org/fourth-edition/vd0/workplace-injuries> Private Industry Work-Related Injuries and illnesses Involving Days Away from Work, United States 1992-2016

## Sports and Recreational Injuries

- [6] <https://www.boneandjointburden.org/fourth-edition/ve1/recreational-athletics> Proportion of Musculoskeletal Injuries from Recreational Sport Activities Treated in Emergency Departments by Age, United States 2014-2016
- [7] <https://www.boneandjointburden.org/fourth-edition/ve2/scholastic-athletics> Trends in Annual Injury Incidence Rate, Football, for High School Athletes by Year, United States 2005-2018
- [8] <https://www.boneandjointburden.org/fourth-edition/ve2/scholastic-athletics> Trends in Annual Injury Incidence Rate, Girls' Soccer, for High School Athletes by Year, United States 2005-2018
- [9] <https://www.boneandjointburden.org/fourth-edition/ve2/scholastic-athletics> Trends in Annual Injury Incidence Rate, Wrestling, for High School Athletes by Year, United States 2005-2018
- [10] <https://www.boneandjointburden.org/fourth-edition/ve3/intercollegiate-athletics> Rate of Anterior Cruciate Ligament (ACL) Injuries for Games and Practices Combined for 15 Sports, United States 1988-1989 to 2003-2004

## Military Injuries

- [11] <https://www.boneandjointburden.org/fourth-edition/vf1/hospitalizations> Hospitalization Rate per 1,000 Person Years, for Top 4 Diagnostic Categories, Active Component, US Armed Forces, 2021-2017



## About the United States Bone and Joint Initiative

The United States Bone and Joint Initiative (USBJI) is part of the worldwide multi-specialty campaign to advance understanding, prevention, and treatment of musculoskeletal disorders through education and research.

To learn more, visit [usbji.org](http://usbji.org).