

INCIDENCE OF LOWER EXTREMITY INJURY AND LIMB DOMINANCE IN UNIVERSITY OF MINNESOTA DULUTH VARSITY ATHLETES



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Introduction

Background

Research thus far has struggled to determine a relationship between limb dominance and injury incidence due to confounding risk factors that may also contribute to the injury of an athlete.

Purpose

This study sought to investigate the existence and prevalence of the relationship between lower extremity injury and limb dominance, particularly in NCAA athletes at the University of Minnesota Duluth.

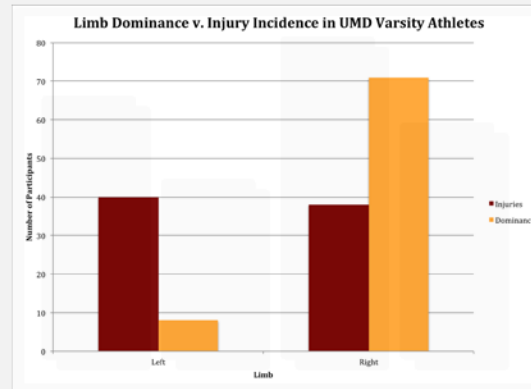
Research Questions

1. Is there a relationship between lower extremity injury incidence and limb dominance among NCAA Division I and II athletes at UMD?
2. Does gender impact the relationship between limb dominance and lower extremity injury in NCAA Division I and II athletes at UMD?

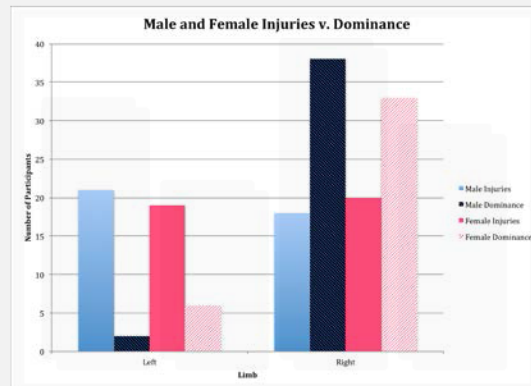
Methods

This quantitative, non-experimental, descriptive study, using survey technique, was administered to all 346 NCAA Division I and II collegiate athletes at the University of Minnesota Duluth via Qualtrics, an online survey and insight platform.

Results



Graph 1: Comparison of limb dominance and injury incidence among University of Minnesota Duluth varsity athletes (above).



Graph 2: Comparison of limb dominance and injury incidence among University of Minnesota Duluth varsity athletes broken down and reported by gender (above).

Discussion

While little relationship was found between limb dominance and injury incidence when the sample population was examined as a whole, a relationship between these two variables was found when the sample population was broken down by gender. Among the male varsity athletes, there was an inverse relationship between injury incidence and limb dominance. In female varsity athletes, results indicated that the majority of injuries occurred in the dominant limb. Further research with a larger sample size is needed in order to fully examine the nature of this relationship and other risk factors that may contribute to the injury incidence of University of Minnesota Duluth varsity athletes.

References

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