

**Oral Only (#6431)**  
**INJURY PATTERNS AMONG EAST DODGEBALL PARTICIPANTS**  
**Classification: Other**

**Objectives:** The EAST Dodgeball Tournament (DT) has become a popular yearly event at the annual meeting. As it grows in popularity, we thought it was important to study injury patterns among participants.

**Methods:** A semi-formal interview of team captains has been done over the last several years at the DT. In addition, word of mouth of injuries, direct observation of injuries, and cellphone collection of graphic injuries were all compiled. Number of participants was averaged at 8 per team. Injuries were graded in two large categories, physical and emotional. Physical injury categories were abrasions, broken bones/dislocations (BD), bruises/strains/sprains (BSS), and other requiring hospital transport (asthma exacerbation, cardiac strain). Emotional were hurt pride and depression. Pain medication was tracked in post hoc analysis.

**Results:** There were a total of 208 DT participants. Injuries were common in DT, emotional more than physical (Table 1). The most common type of physical injury was BSS, occurring in 88% of participants. More serious injuries were rare but a total of 7 required some type of hospital visit (x-rays, monitoring). Abrasions were significantly more common indoor (20/112, 20%) vs outdoor (10/96, 10%). 92% of participants had hurt pride, possibly everyone who did not win. Depression was rare, occurring 2% of the time. Ibuprofen was most typical pain reliever, used by over 40% of participants. Adult beverage was also a choice for pain relief in 30%.

**Conclusions:** DT participants are at risk for injury, emotional and physical. Most are not severe, and are often treated with OTC pain medications. Indoor DT participants seem comfortable in performing "duck and dive" maneuvers more often, likely leading to a significantly increased number of abrasions. It is unknown how long hurt pride lasts. The major flaw is the unknown number of participants, as no one can ever figure out how many are playing for Shock Trauma.

Human research? No, study does not involve human research

Injury	Total	2016 Outdoor (%)	2017 Indoor (%)	p
Participants	208	96	112	
Physical				
Abrasions	30	8 (8)	22 (20)	0.02
Break/ dislocation	4	2 (2)	2 (2)	NS
Bruises/Strains/ Sprains	188	90 (94)	98 (88)	NS
Other to hospital	3	2 (2)	1 (1)	NS
Total Physical Injuries	191 (92)	92 (96)	99 (88)	NS
Emotional				
Hurt Pride	188	86 (90)	102 (91)	NS
Depression	4	2 (2)	2 (2)	NS
Total Emotional Injuries	192 (92)	88 (92)	104 (93)	NS
Total Injured	192			

Table 1: Injuries by category. 1 participant could have more than 1 injury.