

Apophyseal Injuries in Academy Football

Oxendale, C., Green, M. Stokes, K, et al. (2025)

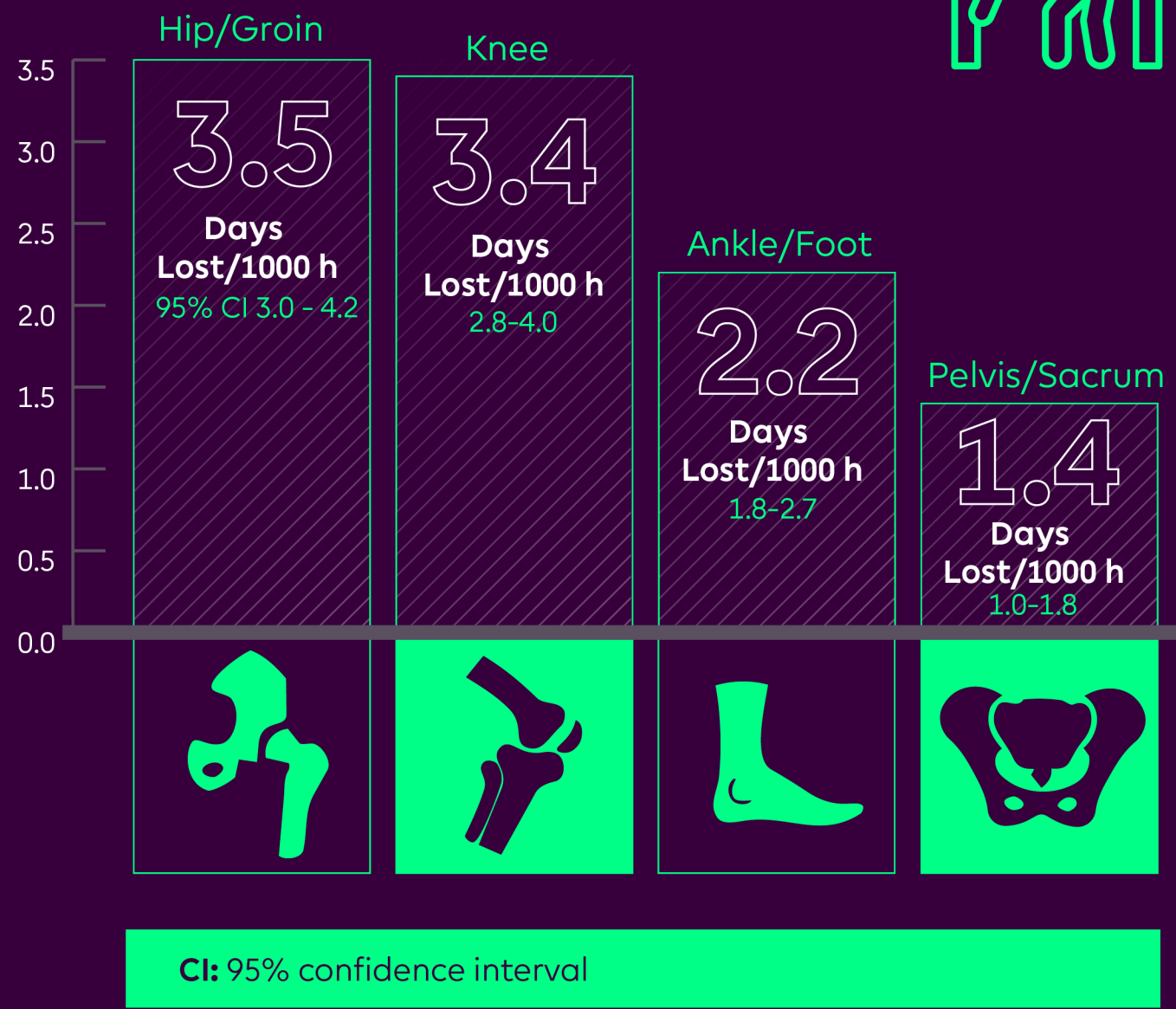
What is already known on this topic

- Apophyseal injuries account for 5-15% of all musculoskeletal injuries in male academy football
- The severity of apophyseal injuries varies based on their type and location, with hip and groin injuries being the most severe

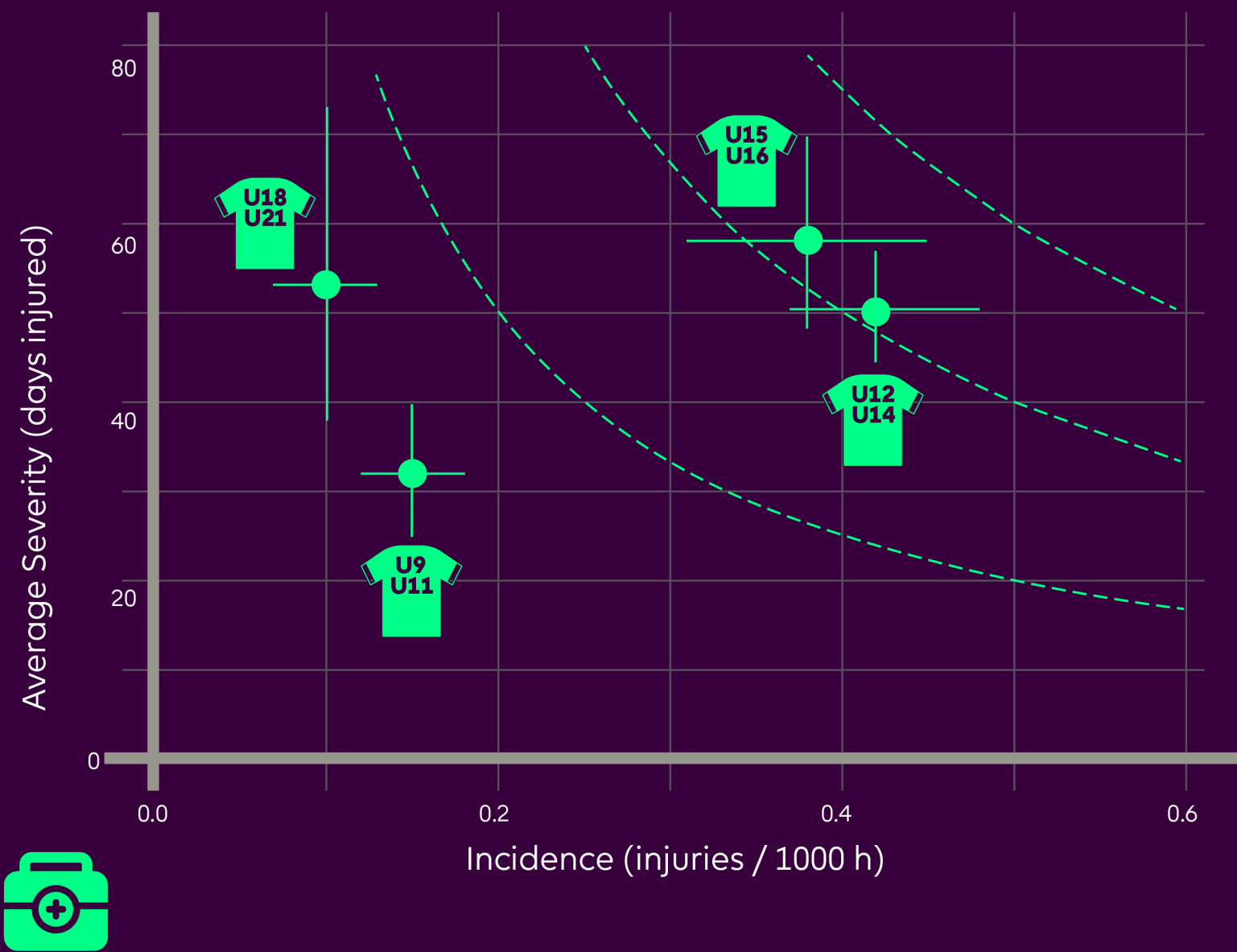
What this study adds?

This study reaffirms the distal-to-proximal progression of apophyseal injury location with age and highlights the increasing severity of these injuries with age.

Injury Location and Lost Time



Match and Training Apophyseal injuries



Key findings

The **hip/groin and knee regions** had the highest apophyseal injury burden overall.

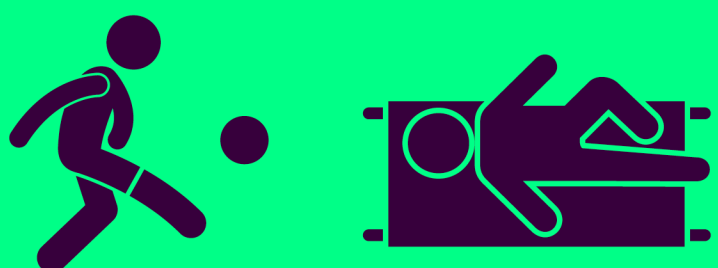
Apophyseal injuries carry the **second-highest total days lost** among all injuries in:

- the ankle/foot in U9-U11 players
- the knee in U12-U14 players

Apophyseal injury burden was highest in the **U12-U16 group**.

Median number of apophyseal injuries per academy per season

8
(IQR 4-15)



Median total

459
days lost
(IQR 174-713 days)



IQR: interquartile range

How this study might affect research, practice or policy

The findings can guide targeted strategies to mitigate growth-related injuries, emphasising the need for age and location-specific approaches across all player development phases.

