



Evidence Summary: Dodgeball

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The British Columbia Injury Research and Prevention Unit (BCIRPU) was established by the Ministry of Health and the Minister's Injury Prevention Advisory Committee in August 1997. BCIRPU is housed within the Evidence to Innovation research theme at BC Children's Hospital (BCCH) and supported by the Provincial Health Services Authority (PHSA) and the University of British Columbia (UBC). BCIRPU's vision is *to be a leader in the production and transfer of injury prevention knowledge and the integration of evidence-based injury prevention practices into the daily lives of those at risk, those who care for them, and those with a mandate for public health and safety in British Columbia.*

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Evidence synthesis tool

SPORT:	Dodgeball	Target Group:	Dodgeball players		
Injury Mechanisms:	There is limited evidence describing injury mechanisms in dodgeball. According to one study, common mechanisms of injury in dodgeball include throwing related injuries in the shoulder (fracture, overuse) and finger fractures and dislocations (An et al., 2016).				
Incidence/Prevalence	Risk Factors	Interventions	Implementation/Evaluation	Resources	
<p>There is very little information available on the incidence/prevalence of injuries in dodgeball.</p> <p>According to one study, 25 dodgeball injuries presented at the British Columbia Children’s Hospital in 2005. This represented an increase from 6 injuries per year between 1992-2004. (Pakzad-Vaezi, 2011)</p>	There is no information available on risk factors for injury in dodgeball.	There is no information available on interventions to reduce injury in dodgeball.	There is no information available on the implementation or evaluation of interventions to reduce injury in dodgeball.	There were no resources available on the prevention of dodge ball injuries.	
Works Cited:					
<p>An VVG, Suzuki A, Trantalis J, Sher D. 2016. Atraumatic fractures of the humerus associated with throwing whilst playing dodgeball: a case series and review of the literature. <i>Archives of Trauma Research</i>, 6(1), e36051.</p> <p>Pakzad-Vaezi Kaivon, and Ash Singhal. 2011. ‘Trends in paediatric sport- and recreation-related injuries: an injury surveillance study at the British Columbia Children’s Hospital from 1992 to 2005.’ <i>Paediatrics & Child Health</i>, 16(4), 217–21.</p>					

Review of Sport Injury Burden, Risk Factors and Prevention

Dodgeball

Incidence and Prevalence

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Risk and Protective Factors

There are relatively few high-quality studies that report risk and protective factors for badminton injuries.

Opportunities for Prevention: Effective Interventions, Cost-Effectiveness, Implementation and Evaluation

High-quality studies on effective interventions for the prevention of dodgeball injuries as well as the cost-effectiveness of those interventions are needed. Further, studies on the implementation/evaluation of injury prevention interventions for dodgeball are needed.

References

- An VVG, Suzuki A, Trantalis J, Sher D. 2016. Atraumatic fractures of the humerus associated with throwing whilst playing dodgeball: a case series and review of the literature. *Archives of Trauma Research*, 6(1), e36051.
- Pakzad-Vaezi Kaivon, and Ash Singhal. 2011. 'Trends in paediatric sport- and recreation-related injuries: an injury surveillance study at the British Columbia Children's Hospital from 1992 to 2005.' *Paediatrics & Child Health*, 16(4), 217–21.