

Acute and Chronic Musculoskeletal Injury in Para Sport: A Critical Review



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KEYWORDS

- Injury epidemiology • Musculoskeletal injury • Paralympic sport • Para athlete
- Review

KEY POINTS

- Seated Para athletes sustain upper extremity injuries more commonly, whereas ambulant Para athletes frequently sustain lower extremity injuries.
- The upper extremity is the most commonly injured area in all Para athletes, unlike able-bodied athletes for whom lower extremity injuries predominate.
- Minor soft tissue injuries are the most common injuries among Para athletes, similar to injury patterns observed among able-bodied athletes.
- Football 5-a-side, powerlifting, Goalball, Wheelchair fencing, and Wheelchair rugby are the highest risk summer sports; ice hockey, alpine skiing, and snowboarding are the highest-risk winter Paralympic sports.
- Compared with elite Para athletes, recreational and youth Para athletes remain understudied in the literature.

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