INTRODUCTION:
Current overuse injury registration methods may underestimate the prevalence and severity of overuse injuries for youth athletes. This study developed and validated a new injury registration method for youth athletes based on the improved Oslo Sports Trauma Research Centre Overuse Injury Questionnaire (OSTRC-O2), termed as the Youth Overuse Injury Questionnaire (YOvIQ).

METHODS:
A repeated measures study design with two time points (T1 and T2) was conducted (minimum interval of 7 days) among 42 competitive youth volleyball athletes between the ages of 12 to 18. Content validity, construct validity, and test-retest reliability were ascertained. Prevalence of “time loss” and “medical attention” injuries were also investigated.

RESULTS:
In both T1 and T2, YOvIQ captured 5.1% more shoulder overuse problems and reported higher severity scores than OSTRC-O2. A substantially lower number of “time loss” and “medical attention” shoulder overuse problems were reported than YOvIQ in both T1 (n = 3, n = 1, n = 9) and T2 (n = 2, n = 2, n = 11), respectively. McNemar’s test for prevalence rates reported non-significant differences for construct validity (n = 39, p = .50) and test-retest reliability (n = 29, p = 1.00). Severity scores were valid and reliable (n = 39, rs (37) = 0.89, p < .001; n = 29, ICC = 0.86, 95% CI [0.72, 0.93]).

CONCLUSION:
The YOvIQ is a valid instrument to determine the prevalence and severity of overuse injuries in youth athlete populations.

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