

Basketball injury incidence in NBA: is there an impact of fixture congestion?

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INTRODUCTION

The incidence of player injuries in basketball is surprisingly elevated and has generated increasing attention within the governing bodies and scientific community (Drakos et al., 2010; Talukder et al., 2016). To our knowledge, the link between fixture congestion and injury incidence has not been investigated yet in basketball. In this work we analysed the impact of fixture congestion on the number of injuries occurred in top-level basketball teams.

METHODS

Official statistics and injuries reports of 82 games of all teams participating in NBA 2014/2015 competition were retrieved from the official NBA website (<http://www.nba.com> (2016)). We considered the number of injuries occurring in three fixture cycles: (i) two consecutive games; (ii) one day interval between two games; and (iii) two or more days between two games.

RESULTS

The data analysis showed that injury incidence was not significantly correlated with fixture congestion ($r = -.00$, $p = .95$). We also observed that injury incidence was not

dependent on fixture congestion cycles ($\chi^2(6, N = 1296) = 3.48$, $p = .75$). Despite no significant differences were found, we noticed that a larger number of injuries occurred with one day of interval between games ($n = 137$; 58.5%) than with no days of interval (i.e., two successive games) ($n = 55$; 23.5%) and two-days interval between games of more ($n = 42$; 16.90%).

CONCLUSIONS

In contrary to our expectations, no relation was observed between fixture congestion cycles and injuries incidence. The results of this preliminary work may have been partially influenced by covariants such as the type of injury, match location, team standings, etc. Future research should further clarify this topic by considering the effect of a broader range of variables.

REFERENCES

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