

OP068

PHYSICAL ACTIVITY RELATED INJURY PROFILE IN CHILDREN AND ADOLESCENTS ACCORDING TO THEIR MATURATION AND LEVEL OF SPORTS PARTICIPATION- EPIDEMIOLOGICAL STUDY

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Introduction: Physical activity (PA) is beneficial, enhancing healthy development. However it is estimated that one third of school-age children practicing sport regularly suffer from a serious injury. These injuries tend to be associated with gender and chronological age. Our aim is to extend these associations to biological maturation assessed by maturity offset and bone age.

Purpose: Identify the importance of age, PA level and maturity as predictors of injury in Portuguese children and adolescents.

Methods: Information about injury and PA level was assessed via two questionnaires (LESADO and RAPIL II) distributed to 647 subjects aged 10 to 17 years involved in an epidemiological study. Maturity offset (time before or after peak height velocity according to Mirwald references) and Tanner-Whitehouse III bone age estimates were used to evaluate maturation. Binary and linear gamma logistic regressions were used to determine