



**Darryl Cohen**  
Chiroprody \ Foot Specialist

**Dr. Darryl Garner, BSc, DC**  
Certified Kinesiologist  
Registered ARCON Assessor

**Dr. I. Eix, DC**  
Chiropractor, Acupuncture

**Felix Kaustov, RMT**  
**Donald Laplante, RMT**  
Massage Therapists

**Dr. R. H. Gringmuth, DC**  
Clinic Director,  
Sports and Rehabilitation Specialist,  
Chiropractor, Acupuncture  
MVA & IE Clinical Coordinator

**Sara Newman, CAT(C)**  
**K.J. Dhaliwal, CAT(C)**  
Certified Athletic Therapists

**France Laberge, RPT, MCPA**  
Registered Physiotherapist

**Dr. F. Markus, MD**  
General Surgeon

**Dr. M. Bhargava, MD**  
Orthopaedic Surgeon

**Dr. M. Ishac, MD**  
Female Family Practice

**Dr. J. Mayer, MD**  
Neurosurgeon

**Dr. K. Berger, MD**  
Dip. Sports Medicine

**Duncan Malcolm, BSc, MSc**  
Consultant Director of  
High Performance

**Paolo Pacione, BSc, (Hons.)**  
Director of High Performance, CK  
Provincial & National Training Ctre

**Matt Daher, BSc, (Hons.), CK**  
Director of Rehabilitation  
Strength & Conditioning  
Assessment & Training

**Elizabeth Hynds, BA**  
Social Sciences

**Christina Gringmuth, BScN**  
Registered Nurse

**Dr. S. Baccal**  
Registered Clinical Psychologist

**Susie Langley**  
Registered Dietitian (Nutrition)

**January 18, 2010**

**Winstars Academy Injury Statistics 2009**  
(as reported to us over the year)

Season Segment	Occurrences	Percent
Regular season	90	55.56
Training	43	26.54
Training Camp	19	11.73
Exhibition game	5	3.09
Warm Up Prior to Playing the OSA	3	1.85
Winter Training	1	0.62
Indoor	1	0.62
Totals:	162	100

Weather Conditions	Occurrences	Percent
Warm	79	48.77
Cool	59	36.42
Cold	17	10.49
Sunny	6	3.7
(Unspecified by therapist)	1	0.62
Totals:	162	100

Playing Surface	Occurrences	Percent
Artificial Turf	129	79.63
Grass Pitch	32	19.75
Wood court or Gym Floor	1	0.62
Totals:	162	100

<b>Body Part Reported Injured</b>	<b>Occurrences</b>	<b>Percent</b>
Knee	34	20.99
Ankle	33	20.37
Heel	17	10.49
Groin	9	5.56
Hamstring	7	4.32
Wrist	5	3.09
Foot	5	3.09
Achilles	4	2.47
Shoulder	4	2.47
Leg	2	1.23
Dorsum of foot	2	1.23
Thigh	2	1.23
Big Toe	2	1.23
Quadriceps	2	1.23
Medial Knee	2	1.23
Calf	2	1.23
Patella (Knee Cap)	2	1.23
Lower Back	2	1.23
Head	2	1.23
Adductor	1	0.62
Jaw	1	0.62
medial malleolus (Ankle)	1	0.62
Shin	1	0.62
Ear	1	0.62
3rd finger	1	0.62
Tibialis Anterior Muscle	1	0.62
Iliotibial band	1	0.62
Back	1	0.62
2nd finger	1	0.62
Thigh (Anterior)	1	0.62
Medial ankle	1	0.62
Hand	1	0.62
Eye	1	0.62
LCL (Knee)	1	0.62
Forehead	1	0.62
Patella Tendon	1	0.62
Peroneal Muscle of Lower Leg	1	0.62
Calcaneus (Heel)	1	0.62
Vastus Medialis (Quad Muscle)	1	0.62
Ulna of Forarm	1	0.62
Gastrocnemius (Calf)	1	0.62
Lip	1	0.62
Gluteus muscles	1	0.62
Totals:	162	100

<b>Body Structure</b>	<b>Occurrences</b>	<b>Percent</b>
Knee	41	25.31
Ankle	37	22.84
Leg	30	18.52
Foot	29	17.9
Hand	8	4.94
Torso	7	4.32
Head	6	3.7
Lumbar Spine	1	0.62
Abdominal Area/Organ	1	0.62
Arm	1	0.62
face	1	0.62
Totals:	162	100

<b>Type of Injury Reported</b>	<b>Occurrences</b>	<b>Percent</b>
Pain	43	26.54
Blister	20	12.35
Tightness	15	9.26
Soreness - muscular	14	8.64
Swelling	12	7.41
(Unspecified by reporting therapist)	5	3.09
Scrape	5	3.09
Tenderness	5	3.09
Sprain	4	2.47
No pain	4	2.47
Discomfort	3	1.85
Strain	3	1.85
Inversion	3	1.85
Weakness	2	1.23
Cramps - Muscular	2	1.23
Bruise	2	1.23
pain/swelling/bruising	2	1.23
Pain/Tenderness	2	1.23
Pull	2	1.23
Bleeding	2	1.23
Injury	2	1.23
Stiffness	1	0.62
Muscle spasm	1	0.62
Pain/Tightness	1	0.62
pain/weakness	1	0.62
Cut	1	0.62
Contusion	1	0.62
Patellar tendonitis	1	0.62
Pain/Swelling	1	0.62
Concussion	1	0.62
Lump	1	0.62
Totals:	162	100

Bob, this is the overview of the different injuries reported to myself or our therapists over the 2009 season. If you have any questions please let me know. Also you might be interested in posting these or a part of this report on your web site.

Robert Gringmuth

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