# Article information:

Musculoskeletal Injuries and Training Patterns in Junior Elite Orienteering Athletes
<https://www.hindawi.com/journals/bmri/2015/259531/>

# Article summary:

1. This study analyzed the musculoskeletal injuries and training patterns of 31 Swiss elite orienteering athletes aged 18-19 years.

2. The junior elite orienteering athletes performed 7.38 ± 2.00 training sessions weekly, with a total duration of 455.75 ± 98.22 minutes, and an injury incidence rate (IIR) of 2.18 ± 2.13 injuries per 1000 hours of training was observed.

3. A multiple linear regression (MLR) revealed that gender and six training variables explained 60% of the variance in the injury severity index in this study, suggesting that more frequent high-intensity interval training (HIIT) may be a protective factor against injuries.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

This article is generally reliable and trustworthy as it provides detailed information on the musculoskeletal injuries and training patterns of 31 Swiss elite orienteering athletes aged 18-19 years, including data on their injury incidence rate (IIR), location of injuries, and factors influencing injury severity index such as gender and six training variables. The authors also provide evidence to support their claims by citing relevant studies from other authors in the field, which adds to the credibility of the article's findings.

However, there are some potential biases that should be noted when considering this article's trustworthiness and reliability. For example, the sample size used for this study is relatively small compared to other studies in this field, which could lead to skewed results due to selection bias or sampling error. Additionally, since only Swiss elite orienteering athletes were studied, it is unclear whether these findings can be generalized to other populations or contexts outside Switzerland or among non-elite athletes. Furthermore, while the authors cite relevant studies from other authors in the field, they do not explore any counterarguments or alternative perspectives that could challenge their own conclusions; thus leaving out important points of consideration that could affect their findings or interpretations thereof.

In conclusion, while this article provides useful insights into musculoskeletal injuries and training patterns among Swiss elite orienteering athletes aged 18-19 years, its trustworthiness and reliability should be considered with caution due to potential biases such as small sample size and lack of exploration of counterarguments or alternative perspectives that could challenge its conclusions

# Topics for further research:

* Musculoskeletal injury prevention
* Injury incidence rate
* Injury severity index
* Orienteering training patterns
* Selection bias
* Sampling error

# Report location:

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