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Summary:
When compared to late specialists, college basketball players who specialized early had similar career lengths and rates of time-loss injury, scholarship attainment, and recruitment.

Data:
Objectives: There has been a trend towards single-sport specialization at increasingly younger ages amongst youth athletes. Early specialization has been associated with increased injury rates and reduced career longevity in professional basketball players. However, the effects of early specialization on injury and longevity in college basketball have not been studied. Further, the effects on other important career markers such as recruitment and scholarship attainment are not well understood. The purpose of this study is to determine whether associations exist between early specialization and injury risk, recruitment, scholarship attainment, and career longevity in college basketball athletes. Methods This study surveyed former basketball student-athletes from multiple American colleges who graduated between 1960 and 2018, and current athletes who completed at least one season of basketball. Demographics, age of specialization, time-loss injury history, scholarship attainment, recruitment status, and longevity of college basketball career were obtained. Early specialization was defined as narrowing participation to a single sport (basketball) before age 14. Athletes were specifically queried for sports-related injuries that resulted in greater than 30 days out of sport or were season-ending. Chi-square and Fisher’s exact test were performed to identify significant differences. Results: One hundred and eight basketball players completed the survey, including 66 current athletes and 102 former athletes. There were 54 males and 54 females. Fourteen athletes were classified as early specialists (age 14 or older) and 94 athletes were classified as late specialists (age 14 and older). There were no significant differences between early and late specialists in terms of rate of injury (14.3% vs. 31.5%; p = 0.23), rate of surgery for a sports injury (14.3% vs. 18.5%; p = 1.0), or mean college basketball career length (3.21 years vs. 3.09 years; p = 0.4). There was also no significant difference in scholarship attainment (69.2% vs. 66.3%; p = 1.0) or recruitment status (71.4% vs. 71.2%; p = 0.76) between cohorts. Between females and males, there was no significant difference in rate of early specialization (9.3% vs. 14.8%; p = 0.38). There were no significant differences in rates of injury (30.2% vs. 30.2%; p = 1.0), surgery (23.0% vs. 13.0%; p = 0.17), scholarship attainment (72.2% vs. 62.8%; p = 0.3), or recruitment (72.2% vs. 79.3%; p = 0.4). Females on average had a longer collegiate career length than males (3.95 years vs. 2.89 years; p = 0.03). Conclusions: Early specializing college basketball players did not experience increased rates of injury, surgery, or decreased collegiate basketball career longevity. Early specialists were also not more likely to be recruited or to receive a scholarship. These findings suggest that early specialization may not be a risk factor for injury, need for surgery, or attrition in the collegiate basketball population. These findings also suggest that early specialization may not be necessary for recruitment or scholarship attainment in college basketball. Further prospective study evaluating all injury types, including逾期 injuries, is warranted to better understand the effects of early sport specialization in this population.

Category: Sports Medicine

Faims Study: The Future Of Artificial Intelligence In Medicine And Surgery; A Study Of Healthcare Professionals’ Perceptions

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Summary:
Artificial intelligence (AI) holds the promise to revolutionise patient healthcare however the level of healthcare professionals’ perception towards AI is acceptable but not optimal. Unlike research and public health, commercial AI data use is not acceptable by many healthcare professionals.

Data:
Aim: Artificial intelligence (AI) holds the promise to revolutionise patient healthcare. However, this often not well perceived. We aimed to assess the healthcare professionals’ perception of AI and its use in daily practice. Methods: This was a cross-sectional study that distributed a self-administered online survey targeting healthcare professionals. The survey consisted of 20 S-Likert scale questions that assessed different aspects of the perception of AI in healthcare. Results: A total of 503 responses were received. One-third were consultants, 27.4% were trainees, 23.3% were team members, and 12.7% were team leaders. Most participants were hospital doctors (33.1%). Majority agreed that AI has a role in healthcare and believed that AI would make the healthcare process more efficient. Over half believed that AI would reduce errors in patient care. The healthcare professional perceived that AI can be effective at diagnosing patients (81.29%), making better decisions (28.07%), healthcare education and training (86.67%), and enhancing the physician’s role (86.67%). About half the participants had faith in the security of AI-based technologies, 83.10% were comfortable with using the data obtained by AI for public health and research, and 26.51% had confidence in using the data for commercial purposes. Only a few respondents (14.6%) thought that AI would replace doctors in the future, and 49.19% agreed that AI would produce errors in patient care. Conclusions: The level of healthcare professionals’ perception towards AI is acceptable but not optimal. Unlike research and public health, commercial AI data use is not acceptable by many healthcare professionals.

Category: Sports Medicine

Adductor Muscle Injuries in Major League Soccer: A Decade Long Analysis of Injury Rate, Associated Factors, and Return to Play?

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Summary:
A epidemiological analysis of adductor injuries in MLS athletes over a 10 year period studying factors affecting return to sport time shows increased return to sport time overall and decreased re-injury rate.

Data:
Purpose: To examine (1) the incidence of adductor muscle injuries in MLS athletes, (2) return-to-sport (RTT) following adductor injury, (3) investigate conditions that are associated with increased time to RTT. Methodology: The MLS Injury Surveillance database was queried for athletes with adductor injuries from 2009 to 2021. An adductor injury was defined as narrowing participation to a single sport (basketball) before age 14. Results: 1501 total injuries were recorded between 2009 and 2021 in 859 MLS athletes and 176 adductor injuries from 2009 to 2021. An adductor injury was defined as late specializers (age 14 and older). There were no significant differences between early and late specialists in terms of rate of injury (14.3% vs. 31.5%; p = 0.23), rate of surgery for a sports injury (14.3% vs. 18.5%; p = 1.0), or mean college basketball career length (3.21 years vs. 3.09 years; p = 0.4). There was also no significant difference in scholarship attainment (69.2% vs. 66.3%; p = 1.0) or recruitment status (71.4% vs. 71.2%; p = 0.76) between cohorts. Between females and males, there was no significant difference in rate of early specialization (9.3% vs. 14.8%; p = 0.38). There were no significant differences in rates of injury (30.2% vs. 30.2%; p = 1.0), surgery (23.0% vs. 13.0%; p = 0.17), scholarship attainment (72.2% vs. 62.8%; p = 0.3), or recruitment (72.2% vs. 79.3%; p = 0.4). Females on average had a longer collegiate career length than males (3.95 years vs. 2.89 years; p = 0.03). Conclusions: Early specializing college basketball players did not experience increased rates of injury, surgery, or decreased collegiate basketball career longevity. Early specialists were also not more likely to be recruited or to receive a scholarship. These findings suggest that early specialization may not be a risk factor for injury, need for surgery, or attrition in the collegiate basketball population. These findings also suggest that early specialization may not be necessary for recruitment or scholarship attainment in college basketball. Further prospective study evaluating all injury types, including逾期 injuries, is warranted to better understand the effects of early sport specialization in this population.

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