

Supplementary Table 5: Diagnostic categories of injury-related medical encounters by main anatomical region and more common injury types / diagnosis (modified from OSICS 10.1)

Main anatomical region	Injury type / diagnosis
Head Injuries	
	Head / Facial Bruising/ Haematoma
	Head laceration/ abrasion
	Facial Muscle and/or Tendon strain/ spasm/ trigger points
	Facial Joint sprain/ injury
	Facial Dislocation
	Head/ Facial fracture
	Concussion/ Brain Injury
	Concussion
	Intracranial bleed
	Head Organ Damage (including eye, ear, mouth injury; excluding haematoma, laceration)
	Eye injury/ trauma
	Ear trauma
	Dental Injury
	Head Pain/ Injury (Other / not specified)
Neck Injuries	
	Neck Soft Tissue Bruising/ Haematoma
	Neck Laceration/ Abrasion
	Whiplash
	Neck muscle and/or tendon strain/spasm/ trigger points
	Cervical Spine Facet Joint injuries
	Cervical Disc Injury
	Neck Fracture
	Cervical Fracture/s
	Laryngeal fracture
	Neck Organ Damage
	Neurological Neck Injury
	Cervical nerve root compression/ stretch (proximal burner/ stinger)
	Cervical spinal cord injury
	Cervical spinal column degenerative disc disease/ arthritis
	Cervical Vascular Injury
	Neck Pain/ Injury (Other / not specified)
Shoulder Injuries	
	Shoulder Soft Tissue Bruising/ Haematoma
	AC Joint contusion
	Shoulder Soft Tissue Laceration/ Abrasion
	Shoulder muscle strain/ spasm/ trigger points
	Shoulder Tendon Overuse Injury/ Strain
	Acute Shoulder Sprains/ Subluxation
	Glenohumeral joint sprains
	Acromioclavicular joint sprain
	Shoulder Osteochondral Lesion
	Acute Shoulder Dislocation
	Anteroinferior shoulder dislocation
	Inferior shoulder dislocation
	Posterior shoulder dislocation
	Chronic Shoulder instability
	Shoulder impingement/ Synovitis
	Shoulder Fractures
	Clavicular fracture
	Scapula fracture
	Humerus Fracture
	Shoulder Neurological/ vascular injury (excl. non mechanical nerve problems - see MNXX)
	Shoulder Osteoarthritis
	Shoulder Pain/ Injury (Other / not specified)
Upper Arm Injuries (between the shoulder and the elbow)	
	Upper Arm Soft Tissue Bruising/ Haematoma
	Upper Arm Laceration/ Abrasion
	Upper Arm Muscle Strain/ Spasm/ Trigger points
	Upper Arm Tendon Injury
	Upper Arm Fracture
	Upper Arm Bony Stress / Overuse Injury
	Other Upper Arm Overuse Injury

	Upper Arm neurological injury
	Upper Arm Vascular Injury
	Upper Arm Pain/ Injury not otherwise specified
Elbow Injuries	
	Elbow Soft Tissue Bruising/ Haematoma
	Elbow Laceration/ Abrasion
	Elbow Muscle Strain/ Spasm/ Trigger Points
	Elbow Tendon Injury
	Lateral epicondylopathy
	Medial epicondylopathy
	Elbow Joint Ligament Sprain
	Elbow Osteochondral Injury
	Elbow Dislocation
	Anterior elbow dislocation
	Posterior elbow dislocation
	Dislocated radial head
	Elbow Instability
	Elbow Impingement/ Synovitis
	Elbow Stress/ Overuse Injuries including stress fractures
	Elbow Neurological Injury/ Entrapment
	Elbow Osteoarthritis
	Elbow Pain/ Injury (Other / not specified)
Forearm Injuries (between Elbow and Wrist)	
	Forearm Soft Tissue Bruising/ Haematoma
	Forearm Laceration/ Abrasion
	Forearm Muscle Injury
	Forearm Tendon Injury
	Forearm fracture(s)
	Fracture radius and ulna midshaft
	Fracture radius midshaft
	Fractured ulna midshaft
	Other Stress/ Overuse injuries to Forearm
	Forearm Neurological Injury
	Forearm Vascular Injury
	Forearm Pain/ Injury (Other / not specified)
Wrist Injuries	
	Wrist and Hand Soft Tissue Bruising/ Haematoma
	Wrist and Hand Laceration/ Abrasion
	Wrist and Hand Muscle Injury
	Wrist and Hand Tendon Injury
	Wrist and Hand Joint Injury (including minor avulsion fracture)
	Wrist and Hand Osteochondral/ Chondral Injury
	Wrist and Hand Dislocations (including minor avulsion fractures)
	Chronic Wrist or Hand Instability
	Wrist and Hand Impingement/ Synovitis
	Wrist and Hand Fractures
	Fracture of distal radius +/- ulna
	Fracture of distal ulna
	Scaphoid fracture
	Fractured hamate
	Fractured trapezium
	Fracture other carpal bone
	Fractured thumb
	Fracture metacarpals 2- 5
	Fracture finger(s) (excluding avulsion fractures)
	Wrist and Hand Stress/ Overuse Injuries (including stress fractures)
	Wrist and Hand Neurological Injury
	Wrist and Hand Vascular Injury
	Wrist and Hand Osteoarthritis
	Other Wrist and Hand Pain/ Injury (Other / not specified)
Chest Injury	
	Chest Wall Soft Tissue Bruising/ Haematoma
	Chest Wall laceration/ Abrasion
	Chest Muscle or Tendon strain/ spasm/ trigger points
	Chest Joint Sprains
	Sternoclavicular Sprain
	Chest Dislocations
	Sternoclavicular Dislocation
	Chest Joint Instability
	Synovitis of Chest Joint
	Chest Fracture(s)

	Rib Fracture(s)
	Sternal fracture
	Fracture of costochondral margin
	Chest Cavity Injury
	Pneumothorax
	Haemothorax
	Cardiac Contusion Injury
	Chest injury (Other / not specified)
Trunk and Abdominal Injury	
	Abdominopelvic Soft Tissue Bruising/ Haematoma (excluding bruised organs)
	Truncal Laceration/ Abrasion
	Truncal Muscle Strain/ Spasm/ Trigger points
	Abdominal Tendon Injury
	Abdominal Biomechanical Injury
	Abdominal Organ Injury
	Spleen trauma
	Intestinal trauma
	Liver trauma
	Pancreatic trauma
	Kidney trauma
	Multiple organ trauma
	Other organ trauma not otherwise specified
	Pelvic Organ Injury
	Genital Injury
	Bladder trauma
	Abdominal pain (Other / not specified)
Thoracic Spine Injury (including Thoracolumbar Junction)	
	Thoracic Soft Tissue Bruising/ Haematoma
	Thoracic Laceration/ Abrasion
	Thoracic Muscle and Tendon Strain/ Spasm/ Trigger Points
	Thoracic spine Joint Injury
	Thoracic Disc Injury
	Thoracic Spine Fracture
	Thoracic Postural Syndrome
	Thoracic spine Osteoarthritis
	Thoracic Pain/ Injury (Other / not specified)
Lumbar Spine Injury	
	Lumbar Soft Tissue Bruising/ Haematoma
	Lumbar Laceration/ Abrasion
	Lumbar Spine muscle and Tendon Strain/ Spasm/ Trigger Points
	Lumbar Spine Joint Injury
	Lumbar facet joint sprain
	Lumbar ligament Sprain
	Lumbar Disc Injury (excluding degenerative disc disease)
	Lumbar Instability
	Spondylolisthesis any Level
	Lumbar Spine Facet Joint Pain/ Stiffness
	Lumbar Spine Fracture
	Lumbar spine vertebral body fracture
	Lumbar spine transverse process fracture
	Lumbar spinous process fracture
	Lumbar pars interarticularis acute fracture
	Lumbar pedicle fracture
	Multiple lumbar spine fractures
	Other lumbar spine fracture
	Complication of lumbar fracture (including non-union, excluding spinal injury)
	Lumbar Stress Fracture
	Lumbar Spine Neurological Injury
	Lumbar spinal fracture with associated neurological injury
	Lumbar disc injury with associated neurological injury
	Lumbosacral Nerve root impingement due to foraminal stenosis bony and disc
	Lumbar Spinal canal stenosis
	Lumbosacral nerve stretch/ traction injury
	Other lumbosacral nerve injury
	Osteoarthritis Lumbosacral spine
	Lumbar Pain/ Injury (Other / not specified)
Pelvis/ Buttock Injuries (excluding groin)	
	Pelvis/ Buttock Soft Tissue Bruising/ Haematoma
	Pelvic/ Buttock Laceration/ Abrasion
	Pelvic/ Buttock Muscle Strain/ Spasm/ Trigger Points
	Buttock/ Pelvis Tendon Injury

	Sacroiliac Joint Injury (excluding L5/S1 injury)
	Sacroiliac Joint Instability
	Buttock and Pelvis Synovitis/ Bursitis
	Pelvic fracture(s) (excluding growth plate fractures)
	Fractured Ilium
	Fractured sacrum
	Fractured coccyx
	Fractured ischium
	Multiple fractures pelvis and sacrum
	Pelvic Stress Fracture(s)
	Buttock/ Pelvic Nerve Injury
	Pelvic/ Buttock Pain (Other / not specified)
Hip and Groin Injuries	
	Hip and Groin Soft Tissue Bruising/ Haematoma
	Hip and Groin Laceration/ Abrasion
	Hip and Groin Muscle Strain/ Tear
	Hip and Groin Tendon Injuries (including hernia, excluding avulsion injuries in the paediatric population)
	Trochanteric syndrome
	Hip Joint Sprain
	Hip Joint Chondral/ Osteochondral Injury
	Hip Joint Dislocation
	Hip Joint Inflammation/ Synovitis/ Other Biomechanical Lesion
	Hip/ Groin Fractures
	Femoral fracture
	Acetabular fracture
	Fracture pubic ramus
	Hip/ Groin Stress Fracture
	Other Stress/ Overuse Injury Hip and Groin
	Femoroacetabular impingement
	Groin Neurovascular Injuries
	Groin Organ Damage
	Hip/ Groin Arthritis
	Hip/ Groin Pain (Other / not specified)
Thigh Injuries	
	Thigh Soft Tissue Bruising/ Haematoma
	Thigh Laceration/ Abrasion
	Thigh Muscle strain/ Spasm/ Trigger Points
	Proximal hamstring tendinopathy
	Hamstring muscle strain
	Quadriceps muscle Strain
	Adductor tendinopathy
	Adductor muscle strain
	Thigh muscle cramping during exercise
	Hamstring cramping during exercise
	Quadricep cramping during exercise
	Adductor muscle cramping during exercise
	Thigh muscle trigger points
	Thigh muscle wasting
	Femoral Fracture
	Femoral Stress Fracture
	Other stress/ Overuse Injuries to Thigh
	Thigh Neurological Injury
	Thigh Vascular Injury
	Thigh pain/ Injury (Other / not specified)
Knee Injuries	
	Knee Soft Tissue Bruising/ Haematoma
	Knee Laceration/ Abrasion
	Knee Muscle Strain/ Spasm/ Trigger Points
	Knee Tendon Injury
	Patellar tendinopathy
	Quadriceps tendinopathy
	Iliotibial band syndrome (ITBS)
	Popliteus tendinopathy
	Pes anserinus tendinopathy
	Proximal gastrocnemious tendinopathy
	Biceps femoris tendinopathy
	Patellofemoral pain (Anterior knee pain) syndrome
	Knee Sprains/ Ligament Injuries
	Acute ACL injury
	Acute PCL injury
	MCL injury knee

	Patellar subluxation
	Combined ligament injuries knee
	Knee Dislocation
	Patellar dislocation
	Tibio-femoral dislocation
	Knee Instability (chronic or recurrent subluxations)
	Knee Impingement/ Synovitis/ Biomechanical Lesion not associated with other conditions
	Knee Fractures
	Patellar fracture
	Distal femoral fracture
	Proximal tibial fracture
	Knee Stress Fracture
	Knee Osteoarthritis
	Knee Pain/ Injury (Other / not specified)
Lower Leg Injuries	
	Leg Soft Tissue Bruising/ Haematoma
	Lower Leg Laceration/ Abrasion
	Lower leg muscle Injury
	Anterior compartment muscle injury
	Lateral compartment muscle injury
	Gastrocnemius muscle injury/ strain
	Soleus Injury/ strain
	Calf cramping during exercise
	Lower Leg Tendon Injuries (see knee or ankle depending on tendon location)
	Lower Leg Fractures
	Fractured Midshaft Tibia
	Fractured fibula
	Medial Tibial Stress Syndrome
	Lower Leg Stress Fractures
	Tibial Stress Fracture
	Fibular Stress Fracture
	Other Leg Overuse Injury
	Neurological Injury of Lower Leg
	Lower Leg Vascular Injury
	Popliteal Artery Entrapment Syndrome
	Other Lower Leg Pain/ Injury (Other / not specified)
Ankle Injuries	
	Ankle Soft Tissue Bruising/ Haematoma
	Ankle Laceration/ Abrasion
	Ankle Tendon Injury
	Achilles tendinopathy (insertional)
	Achilles tendinopathy (mid-substance)
	Achilles tendon rupture
	Extensor tendon injuries at ankle
	Tibialis anterior injuries
	Tibialis posterior injuries
	Flexor hallucis tendon injury
	Peroneal tendon injury
	Ankle Sprains
	Ankle syndesmosis sprain
	Ankle lateral ligament sprain
	Ankle deltoid ligament sprain
	Ankle multiple ligaments sprain
	Ankle Osteochondral Injuries
	Ankle Dislocation
	Chronic Ankle Instability
	Chronic medial instability
	Chronic lateral instability
	Ankle Synovitis/ Impingement/ Bursitis not otherwise specified
	Ankle Fracture
	Fracture tibia and fibula at ankle joint
	Fractured talus
	Fractured calcaneus
	Ankle Stress Injuries/ Stress Fractures
	Nerve Injury at Ankle
	Ankle Vascular Injury
	Osteoarthritis of Ankle/ Subtalar Joint
	Ankle Pain/ Injury (Other / not specified)
Foot Injuries	
	Foot Soft Tissue Bruising/ Haematoma
	Foot Laceration/ Abrasion

	Foot Muscle Strain/ Spasm/ trigger Points
	Foot Tendon Injuries
	Foot Joint Sprain
	Foot Chondral/ Osteochondral Lesion
	Foot Dislocation
	Synovitis/ Impingement/ Biomechanical Lesion of Foot
	Plantar Fasciopathy (Fasciitis)
	Foot Fractures
	Fracture tarsal bone
	Fracture Metatarsal(s)
	Fracture great toe
	Fracture lesser toes (2 - 5)
	Complication of fractured foot including non-union
	Stress Reactions/ Fractures in Foot
	Foot Osteoarthritis
	Sesamoid injuries
	Foot Neurological Injury
	Foot Vascular Injury
	Foot Pain/ Injury (Other / not specified)
Injuries Location Unspecified or Crossing Anatomical Boundaries	
	Soft Tissue Bruising/ Haematoma Location Unspecified or Crossing Anatomical Boundaries
	Laceration/ Abrasion Location Unspecified or Crossing Anatomical Boundaries
	Laceration/ abrasion upper limb
	Laceration/ abrasion lower limb
	Muscle Strain/ Spasm/ Trigger Points Location Unspecified or Crossing Anatomical Boundaries
	Muscle strain upper limb
	Muscle strain lower limb
	Muscle strain spine
	Tendon Injury Location Unspecified or Crossing Anatomical Boundaries
	Sprain Location Unspecified
	Chondral/ Osteochondral injury Location Unspecified
	Dislocation Location Unspecified
	Upper limb joint dislocation
	Lower limb joint dislocation
	Instability of Joint Location Unspecified
	Upper limb joint instability
	Lower limb joint instability
	Fracture Location Unspecified or Crossing Anatomical Boundaries
	Fracture upper limb
	Fracture lower limb
	Stress Fracture Location Unspecified or Crossing Anatomical Boundaries
	Postural Syndrome
	Upper limb synovitis/ impingement lesion
	Lower limb synovitis/ impingement lesion
	Neurological lesion Location Unspecified or Crossing Anatomical Boundaries
	Spinal injury location unspecified or crossing anatomical boundaries
	Upper limb neurological injury
	Lower limb neurological injury
	Vascular Injury Location Unspecified or Crossing Anatomical Boundaries
	Upper limb vascular injury
	Lower limb vascular injury
	Osteoarthritis Location Unspecified or Crossing Anatomical Boundaries (excluding generalised OA)
	Upper limb osteoarthritis
	Lower limb osteoarthritis