

Epidemiology, clinical characteristics and severity of gradual onset injuries in recreational road cyclists: A cross-sectional study in 21,824 cyclists - SAFER XIII

Supplementary Tables:

Table S1. Gradual onset injuries (GOIs) by tissue type in cyclists (expressed as % of all OCIs) (n=646)

Gradual onset injuries (GOIs) by Tissue Type		n	%
Soft tissue	All soft tissue	355	55.0
	Muscle (e.g. strain)	123	19.0
	Tendon	107	16.6
	Ligament (e.g. sprain)	75	11.6
	Nerve (e.g. numbness during or after cycling)	50	7.8
Bone	Bone (e.g. bruise or stress fracture)	122	18.9
Joint	Joint (e.g. arthritis)	92	14.2
Other	Other	68	10.5
Injuries where tissue type data were missing		9	1.4

n: number of injuries reported in the study

% Gradual onset injuries frequency (%) of reported injuries in the study

Table S2. Gradual onset injuries (GOIs) in cyclists by tissue type in the main anatomical regions (expressed as % of OCIs in the main anatomical regions) (n=646)

Gradual onset injuries (GOIs) by Tissue Type	Main anatomical region														
	Head, Neck & Face (n=37)		Upper Limbs (n=128)		Trunk / Chest (n=16)		Lower Back (n=74)		Hip / Groin / Pelvis (n=69)		Lower Limbs (n=281)		Other (n=41)		
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	
Muscle (e.g. strain)	10	27.1	16	12.5	1	6.3	21	28.4	20	29.0	52	18.5	3	7.3	
Tendon	1	2.7	18	14.1	0	0.0	1	1.3	7	10.1	74	26.3	6	14.6	
Ligament (e.g. sprain)	2	5.4	20	15.6	1	6.2	1	1.3	2	3.0	47	16.7	2	4.9	
Nerve (e.g. numbness during or after cycling)	6	16.2	10	7.8	0	0.0	16	21.6	4	5.8	10	3.6	4	9.7	
Bone (e.g. bruise or stress fracture)	7	18.9	41	32.0	12	75.0	9	12.2	12	17.4	24	8.5	17	41.5	
Joint (e.g. arthritis)	2	5.4	13	10.2	2	12.5	13	17.6	15	21.7	45	16.0	2	4.9	
Other	8	21.6	9	7.0	0	0.0	11	14.9	9	13.0	24	8.6	7	17.1	
Injuries where tissue type data were missing		1	2.7	1	0.8	0	0.0	2	2.7	0	0.0	5	1.8	0	0.0

n: number of injuries reported in the study

% Gradual onset injuries frequency (column %) of reported injuries in the study

Table S3. Gradual onset injuries (GOIs) in cyclists by duration of symptoms category (months) in the main anatomical regions (expressed as % of OCIs in the main anatomical regions) (n=646)

Duration of symptoms category (months)	Main anatomical region													
	Head, Neck & Face (n=37)		Upper Limbs (n=128)		Trunk / Chest (n=16)		Lower Back (n=74)		Hip / Groin / Pelvis (n=69)		Lower Limbs (n=281)		Other (n=41)	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
0 - 3 months	3	8.1	32	25.0	5	31.2	13	17.5	6	8.7	51	18.2	9	21.9
4 - 12 months	12	32.4	45	35.2	8	50.0	17	23.0	19	27.5	95	33.8	22	53.7
> 12 months	22	59.5	51	39.8	3	18.8	44	59.5	44	63.8	135	48.0	10	24.4

n: number of injuries reported in the study

% Gradual onset injuries frequency (column %) of reported injuries in the study

Table S4. Injury severity (grade I – IV) of gradual onset injuries (GOIs) in cyclists (expressed as a % of all OCIs) (n=646)

Severity grading of injuries			n	%
Less severe	All less severe (not affecting cycling)		361	55.9
	Grade I	I only experience symptoms after exercise	142	22.0
	Grade II	I experience symptoms during exercise, but it does not interfere with exercise	219	33.9
More severe	All more severe (affecting cycling)		241	37.3
	Grade III	I experience symptoms during exercise that may interfere with my training/ competition	183	28.3
	Grade IV	I am so painful that I may not be able to train or compete	58	9.0
Injuries where injury severity data were missing			44	6.8

n: number of injuries reported in the study

% Gradual onset injuries frequency (%) of reported injuries in the study

Table S5. Gradual onset injuries (GOIs) in cyclists by injury severity (grade I – IV) in the main anatomical regions (expressed as % of OCIs in the main anatomical regions) (n=646)

Severity grading of injuries		Main anatomical region													
		Head, Neck & Face (n=37)		Upper Limbs (n=128)		Trunk / Chest (n=16)		Lower Back (n=74)		Hip / Groin / Pelvis (n=69)		Lower Limbs (n=281)		Other (n=41)	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
Less severe	All less severe	18	48.6	78	60.9	10	62.5	41	55.4	41	59.4	150	53.4	23	56.1
	Grade I	3	8.1	31	24.2	4	25.0	13	17.6	19	27.5	64	22.8	8	19.5
	Grade II	15	40.5	47	36.7	6	37.5	28	37.8	22	31.9	86	30.6	15	36.6
More severe	All more severe	15	40.6	40	31.3	2	12.5	30	40.5	26	37.7	114	40.6	14	34.2
	Grade III	13	35.1	23	18.0	1	6.3	22	29.7	17	24.6	95	33.8	12	29.3
	Grade IV	2	5.4	17	13.3	1	6.3	8	10.8	9	13.1	19	6.8	2	4.9
Injuries where injury severity data were missing		4	10.8	10	7.8	4	25.0	3	4.1	2	2.9	17	6.0	4	9.7

n: number of injuries reported in the study

% Gradual onset injuries frequency (%) of reported injuries in the study