

Clinical characteristics of gradual onset injuries in recreational road cyclists - SAFER XXVII study over 5 years in 62758 race entrants

Supplementary Tables:

Table S1. Gradual onset injuries (GOIs) in cyclists by tissue type in the main anatomical regions (expressed as % of GOIs in the main anatomical regions) (2016-2020) (n=1879)

Gradual onset injuries (GOIs) by Tissue Type	Main anatomical region															
	Head, Neck & Face (n*=61)		Upper Limbs (n*=378)		Trunk / Chest (n*= 21)		Lower Back (n*=146)		Hip / Groin / Pelvis (n*=188)		Lower Limbs (n*=889#)		Other (n*=195)		All GOIs (n*=1879)	
	n*	%	n*	%	n*	%	n*	%	n*	%	n*	%	n*	%	n*	%
Muscle (e.g. strain)	22	36.3	39	10.2	2	9.1	48	32.7	57	30.6	167	18.8	12	6.3	347	18.5
Ligament (e.g. sprain)	2	3.0	59	15.5	0	0	8	5.4	8	4.4	146	16.4	16	8.0	238	12.7
Tendon	2	3.5	55	14.8	0	0	5	3.2	18	9.4	255	28.7	20	10.3	355	18.9
Joint (e.g. arthritis)	2	4.1	37	9.9	0	0	15	10.1	38	20.3	149	16.8	8	4.1	249	13.3
Nerve (e.g. numbness during or after cycling)	12	19.7	48	12.6	0	0	31	21.2	18	9.7	12	1.4	9	4.5	130	6.9
Bone (e.g. bruise or stress fracture)	10	16.8	108	28.5	18	87.0	22	15.1	27	14.2	71	8.0	97	49.6	352	18.8
Other	10	16.8	33	8.6	1	3.9	18	12.4	22	11.5	89	10.0	34	17.3	206	11.0

n: number of injuries reported in the study

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

#: Missing data in 2 injuries

*: Weighted totals / frequencies

Table S2. The frequency (%) of GOIs severity (grade I–IV) by main anatomical region (expressed as % of GOIs in the main anatomical regions) (2016-2020) (n=1879)

Severity grading of injuries		Main anatomical region													
		Head, Neck & Face (n*=61)		Upper Limbs (n*=366)		Trunk / Chest (n*=17)		Lower Back (n*=145)		Hip / Groin / Pelvis (n*=184)		Lower Limbs (n*=881)		Other (n*=187)	
		n*	%	n*	%	n*	%	n*	%	n*	%	n*	%	n*	%
Less severe	All less severe	33	54.4	263	72.0	11	61.2	69	47.4	114	61.7	493	55.9	116	62.1
	Grade I	11	17.7	83	22.6	5	32.2	31	21.7	55	29.9	195	22.16	51	27.5
	Grade II	22	36.7	181	49.3	5	29.6	37	25.8	58	31.8	297	33.8	65	34.6
More severe	All more severe	28	45.6	103	28.1	7	38.3	76	52.6	70	38.3	389	44.1	71	37.9
	Grade III	22	36.2	71	19.5	5	27.0	60	41.1	46	25.2	321	36.5	38	20.4
	Grade IV	6	3.3	31	8.6	2	11.3	17	11.4	24	13.0	67	7.6	33	17.5

n: number of injuries reported in the study

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

Missing data in 38 injuries

*: Weighted totals / frequencies