

The 31 most common injuries in PRO football

Injury type	Frequency out of 22942	Mean recovery time (days)	Re-injury rate (%)
Hamstring muscle injury (structural)	2379	18.0	17.5
Groin adductor pain	1754	13.5	17.7
Ankle lateral ligament injury	1260	14.9	13.7
Quadriceps muscle injury (structural)	914	19.5	15.6
Calf muscle injury (structural)	818	17.4	14.4
Knee MCL injury	760	24.6	10.3
Hamstring muscle injury (functional)	709	5.9	16.1
Thigh contusion	651	6.4	1.4
Foot contusion	537	6.8	4.1
Knee contusion	465	6.1	2.8
Low back pain	405	8.3	18.8
Ankle contusion	385	5.9	2.6
Achillis tendon pain	370	18.4	38.4
Calf contusion	314	6.2	1.3
Ankle joint capsular injury	287	8.3	10.8
Knee joint synovitis	279	11.6	48.0
Hip flexor pain	264	13.8	13.3
Groin pain	256	13.5	32.4
Concussion	235	8.7	5.5
Knee patellar tendinopathy	231	17.9	33.3
Knee cartilage injury	223	48.7	36.3
Quadriceps muscle injury (functional)	218	4.9	13.8
Groin other muscle-related or tendon-related pain	216	13.4	6.9
Calf muscle injury (functional)	215	5.6	15.3
Lower leg contusion	200	6.1	2.0
Ankle medial ligament injury	196	13.4	13.3
Knee ACL injury	183	210.2	6.6
Knee LCL injury	146	23.8	10.3
Knee joint capsular injury	143	12.8	10.5
Ankle joint synovitis	128	10.8	38.3
Knee lateral meniscus injury	128	50.1	23.4