

Prospective Epidemiological Study in Collegiate Rodeo Athletes

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ABSTRACT

Collegiate rodeo athletes sustain numerous injuries throughout competition and there is not much research and data collected on the epidemiology of injuries regarding these individuals. It was stated in one article that 89 percent of rodeo athletes face the potential for any type of injury per season. Having an athletic trainer for collegiate rodeo teams could significantly impact the prevention and care of their injuries during the 10-rodeo season. **PURPOSE:** The purpose of this study is to better determine injury rates for both rough stock and timed collegiate rodeo events at the collegiate level. **METHODS:** Students will complete weekly online surveys sent via email to answer questions about injuries that occur during that week at practice and competition. The survey will include questions about body part injured, if it was a reinjury, and when it occurred. **RESULTS:** About 40% of the 102 athletes participated in the 5 self-reporting surveys sent out via email. A total of 9 injuries were reported for 5 rodeos (half-season). Seven of the 9 injuries reported were within the first 2 weeks. Two injuries reported in team roping, 3 reported in goat tying, 3 reported in steer wrestling, and 1 reported in barrel racing. Of these injuries, 3 were reported as being diagnosed by an athletic trainer. **CONCLUSION:** Research suggests that if the entire 102 athletes would have completed the survey there was a possibility of 22.5 total injuries for one semester. The injury reports for the first 2 weeks suggests that athletes may not have practiced or worked out in preparation prior to rodeos starting. The results relied heavily on student athletes self-reporting and this might have impacted those results.