

Table 2. Shows the types of injuries found in previous research in waterskiing injuries. The most common being lacerations, shoulder, neck and back injuries.

	Type of Injury	Applies to all skiers/ not specified	Applies to expert skiers specifically	Details.
Injuries due to Boat/Propeller Or tow rope:	Lacerations	Banta (1979); Hummel and Gainor (1982); Grace (1974)		Propeller injuries, burns from rope.
Injuries due to skiing:				
Lower limbs	Knee	Hostetler et al. (2005); Grace (1974)	Roberts and Roberts (1996)	Knee = most common in lower limb injuries. Collateral ligament more common than cruciate and meniscan injuries.
	Upper leg/ Hamstring	Hostetler et al. (2005); Leggett et al. (1996); Sallay et al. (1996); Grace (1974); Blaiser & Morawa (1990)	Leggett et al. (1996)	Hamstring - complete/ partial rupture from proximal insertion. Hip dislocation, torn adductor muscles.
	Ankle	Grace (1974)	Roberts and Roberts (1996)	Sprains, strains, fracture. Tibia fractures. Injuries uncommon - expert.
Upper Limbs	Shoulder	Hostetler et al. (2005); Keverline et al. (2003); Romano et al. (1960)	Roberts and Roberts (1996); Leggett et al. (1996)	Shoulder = most common in upper body. Dislocation and rotator cuff injury. Deep-water starts could be a major cause.
	Blisters/ callosities		Roberts and Roberts (1996)	
	Trunk/ lower back/ spinal injury	Hostetler et al. (2005); Grace (1974)	Leggett et al. (1996); Roberts and Roberts (1996); Horne et al. (1987)	Two major injuries caused: vertebral body wedging and adolescent spondylodystrophy. Rib fractures. Spine dislocations
	Head	Grace (1974); Romano et al. (1960)		Perforated eardrum, sinusitis, head injury.