

Title: Injury incidence and severity in Chinese pre-professional dancers: a prospective monitoring survey

Background and Objective: Dance injury research has mainly focused on western populations. This study aimed to determine dance injury incidence and injury severity of Chinese full-time pre-professional dance.

Study Design: Prospective weekly online monitoring survey

Methods: Respondents were asked to record all dance-injury incidences between September 2020 to July 2021 using a remote weekly self-report injury monitoring tool.

An inclusive definition of injury was used in this study to record all injuries, even if they didn't cause a cessation of training. Data were excluded if respondents completed less than 90% of the survey period and had over 3 consecutive weeks of missing data.

Results: 450 individuals from 11 different schools were included in the analyses. A total of 1157 injuries were reported over a 30-week academic year. Injury prevalence percentage was 64.9% and injury incidence was 5.51 injuries per 1000 hours. Forty-eight percentage of the injuries were minor severity and 41% were of moderate severity, and the main injury sites were knees (0.89/1000hrs), lower back (0.80/1000hr), feet (0.58/1000hrs), groin (0.56/1000hrs). Female dancers reported significantly higher injury prevalence and injury incidence, and higher rates of moderate to severe injuries than males. The university group reported higher injury incidence than the adolescent group ($p < 0.05$), whereas the latter reported higher rates of moderate to severe injuries than the former ($p < 0.001$).

Conclusion: The injury incidence found in this study (5.1 injuries/1000hrs) is higher than most previous sets of data. Female dancers are at a higher risk of injury and

reported higher levels of injury severity than male dancers, especially for the female adolescent group.