

### 12.3 Boys' Baseball and Girls' Softball

**Table 12.15 Comparison of Baseball and Softball Injury Rates, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	<b>Baseball</b>	<b>Softball</b>	<b>RR (95% CI)</b>
<b>Total</b>	0.88	<b>1.15</b>	<b>1.30 (1.04, 1.63)</b>
Competition	1.30	<b>1.96</b>	<b>1.50 (1.11, 2.04)</b>
Practice	0.66	<b>0.73</b>	1.11 (0.79, 1.54)

**Table 12.16 Comparison of Body Sites of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

<b>Body Site</b>	<b>Baseball</b>	<b>Softball</b>	<b>IPR (95% CI)</b>
Ankle	9.3%	<b>16.3%</b>	1.76 (0.86, 3.57)
Knee	9.9%	<b>15.3%</b>	1.54 (0.75, 3.17)
Head/face	13.6%	<b>17.2%</b>	1.26 (0.69, 2.32)
Hip/thigh/upper leg	<b>10.3%</b>	4.9%	2.10 (0.91, 4.88)
Hand/wrist	<b>10.6%</b>	10.3%	1.03 (0.47, 2.27)
Shoulder	<b>18.1%</b>	13.1%	1.38 (0.72, 2.61)
Trunk	<b>6.0%</b>	3.4%	1.75 (0.46, 6.61)
Lower leg	3.9%	<b>5.9%</b>	1.53 (0.43, 5.46)
Arm/elbow	<b>11.2%</b>	7.0%	1.60 (0.64, 4.00)
Foot	1.2%	<b>2.5%</b>	2.17 (0.31, 15.29)
Neck	<b>4.5%</b>	0.6%	<b>7.77 (1.35, 44.63)</b>
Other	1.4%	<b>3.3%</b>	2.39 (0.36, 15.91)
<b>Total</b>	<b>100%</b>	<b>100%</b>	---

**Table 12.17 Comparison of Diagnoses of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	<b>Baseball</b>	<b>Softball</b>	<b>IPR (95% CI)</b>
<b>Diagnosis</b>			
Strain/sprain	46.6%	<b>49.0%</b>	1.05 (0.80, 1.39)
Contusion	13.9%	<b>15.0%</b>	1.08 (0.55, 2.11)
Fracture	<b>8.4%</b>	6.8%	1.23 (0.47, 3.20)
Concussion	8.3%	<b>13.0%</b>	1.58 (0.75, 3.33)
Other	<b>22.9%</b>	16.1%	1.42 (0.83, 2.44)
<b>Total</b>	<b>100%</b>	<b>100%</b>	---

**Table 12.18 Most Common Baseball and Softball Injury Diagnoses\*, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	<b>Baseball</b>	<b>Softball</b>	<b>IPR (95% CI)</b>
<b>Diagnosis</b>			
Ankle strain/sprain	8.1%	<b>15.6%</b>	1.92 (0.90, 4.11)
Hand/wrist fracture	<b>4.7%</b>	3.4%	1.36 (0.35, 5.28)
Head/face concussion	8.2%	<b>13.0%</b>	1.60 (0.76, 3.37)
Hip/thigh/upper leg strain/sprain	<b>8.0%</b>	4.6%	1.75 (0.70, 4.39)
Knee strain/sprain	5.9%	<b>11.8%</b>	1.99 (0.77, 5.14)

\*Only includes diagnoses accounting for >5% of baseball or softball injuries.

**Table 12.19 Comparison of Time Loss of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	<b>Baseball</b>	<b>Softball</b>	<b>IPR (95% CI)</b>
<b>Time Loss</b>			
1-2 days	<b>21.0%</b>	8.5%	<b>2.46 (1.27, 4.79)</b>
3-6 days	<b>22.4%</b>	22.0%	1.02 (0.61, 1.69)
7-9 days	9.3%	<b>14.9%</b>	1.59 (0.78, 3.27)
10-21 days	21.1%	<b>25.0%</b>	1.19 (0.74, 1.92)
22 days or more	<b>11.1%</b>	5.2%	2.14 (0.72, 6.35)
Other	15.1%	<b>24.3%</b>	1.61 (0.93, 2.79)
<b>Total</b>	<b>100%</b>	<b>100%</b>	---

**Table 12.20 Comparison of Mechanisms of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	Baseball	Softball	IPR (95% CI)
<b>Baseball/Softball Mechanism</b>			
Overuse, heat illness, conditioning, etc.	14.1%	11.4%	1.24 (0.64, 2.39)
Contact with another player	8.1%	15.0%	1.86 (0.86, 4.02)
Contact with bases	9.9%	11.4%	1.15 (0.53, 2.52)
Throwing - not pitching	8.0%	9.3%	1.16 (0.49, 2.77)
Throwing - pitching	12.4%	3.6%	<b>3.47 (1.10, 10.91)</b>
Contact with thrown ball (non-pitch)	3.8%	6.5%	1.72 (0.60, 4.92)
Rotation around a planted foot/inversion	6.7%	8.2%	1.22 (0.47, 3.20)
Hit by batted ball	6.9%	14.5%	2.11 (0.94, 4.72)
Hit by pitch	11.9%	4.5%	2.66 (0.94, 7.53)
Other	18.3%	18.5%	1.01 (0.57, 1.78)
<b>Total</b>	<b>100%</b>	<b>100%</b>	---

**Table 12.21 Comparison of Activities of Baseball and Softball Injuries, High School Sports-Related Injury Surveillance Study, US, 2012-13 School Year**

	Baseball	Softball	IPR (95% CI)
<b>Baseball/Softball Activity</b>			
Fielding a batted ball	14.2%	17.3%	1.22 (0.66, 2.27)
Fielding a thrown ball	5.3%	12.3%	2.33 (0.86, 6.29)
Running bases	11.9%	19.5%	1.64 (0.89, 3.01)
Pitching	15.5%	3.5%	<b>4.39 (1.87, 10.29)</b>
Batting	11.9%	6.5%	1.82 (0.73, 4.57)
Sliding	9.6%	6.8%	1.40 (0.52, 3.77)
Throwing (not pitching)	8.0%	9.3%	1.16 (0.49, 2.77)
General play	6.8%	3.0%	2.26 (0.78, 6.54)
Conditioning	2.9%	2.6%	1.15 (0.29, 4.60)
Catching	7.2%	14.7%	2.05 (0.91, 4.61)
Other	6.9%	4.5%	1.54 (0.50, 4.79)
<b>Total</b>	<b>100%</b>	<b>100%</b>	---