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Clinical Paper

Trauma

Sports-related maxillofacial fractures: A retrospective study of 125 patients

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Abstract

This study assessed the spectrum of maxillofacial fractures sustained during sports in Greece, discuss the aetiology in different sports and suggest protective measures. One hundred and twenty-five patients suffered facial fractures as a result of different sport activities. The factors evaluated were: type of sport involved, age, sex, mechanism of injury, site of fractures, associated non-maxillofacial injuries and mode of treatment. The ratio male to female was 9:1 and the highest incidence of sport-related facial fractures was found in the 21–30 year age group. Football was the most common sport-related to facial fractures and the main mechanism of injury was that of impact against another player's head. The most common were the mandibular fractures, followed by zygoma fractures. Furthermore, the angle of the mandible is the highest risk region for fracture.

The majority of patients needed surgical treatment.

Facial fractures during sports mainly affect the young and the majority of the patients are amateur athletes. Although these injuries are not usually severe, initial hospitalisation and surgical interventions may be required. Team sports are responsible for the majority of facial fractures.



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