

Lateral collateral ligament																				
Leg																				
Ankle																				
medial malleolus																				
lateral malleolus																				
phalanges of the foot																				
Total																				

No.	Cause
1	Lack of good warming-up
2	Overtraining
3	Malpractice by practitioners (inattention, hasty, violation game rules)
4	Court inappropriate for training
5	Poor technique
6	Keep training despite injury
7	No stop of training at the time of injury
8	Inappropriate athletic outfits
9	Unavailability of certain training program
10	Poor quality of the sports devices used
11	Insufficient guidance by the trainer
12	Poor physical conditions (light, temperature, humidity)
13	The exercises badly fit with the muscles employed in the game
14	Lack of supervision by the trainer (general physiological features)
15	The trainer is inadequately qualified
16	Player allowed return to training before recovery
17	Lack of sufficient equipment and instruments for training
18	Lack use of athletic rehabilitation facilities (Sauna, massage,..)
19	Poor timing for training and games
20	Missing periodic check-ups
21	Malnutrition
22	Disregard individual differences among players
23	Poor psychological readiness
24	Inadequate knowledge about sports injuries, causes and prevention methods
25	Choosing improper sports type
26	Disregard progressive increase of training load
27	Dopes Intake
28	Medical equipment and aids used (wheelchair, ear protectors, belts,..)
29	Inadequate knowledge by player about ability level to exercise
30	Other (State, if any)

Appendix 1