

Grading Injury Severity Based on Functional Impairment

Overview: The severity of an injury can be graded based on how it impacts the athlete's performance and activities. This impacts the amount of time it takes for the person to recover.

Level of Discomfort	Impact on Activities of Daily Living (ADL) and Competitive Level	Grade of Injury
discomfort during play with relief on cessation; may occur only during hard exertion	none or slight	I
increasingly painful during sport; may persist at rest	ADL mildly affected; decreased ability to compete	II
significant; unable to play	ADL moderately affected; unable to play and cannot compete	III
may be severe	ADL significantly compromised; out for season	IV

Grade of Injury	Typical Time Needed for Recovery
I	2 – 4 weeks
II	1 – 3 months
III	3 – 6 months
IV	9 – 18 months

References:

Scott WA. Chapter 70: Overuse injuries. pages 517-527 (page 518 Table 70-1). IN: Sallis RE Massimino F (editors). ACSM's Essentials of Sports Medicine. Mosby. 1997.