

KNEE INJURIES IN WOMEN'S RUGBY

Knee injuries are common, severe and high-burden in women's rugby

but neuromuscular training can cut knee injury risk by ~22% and ACL risk by ~50%.

THE PICTURE IN WOMEN'S RUGBY

#1

Most common injured body site

22.8% of all match injuries
(women's WXV 2023–24)

33%

of forwards' injuries were to the knee

at the 2025 Women's Rugby World Cup

3-4 months

average time out per knee injury

around 102 days lost per injury in elite women's rugby

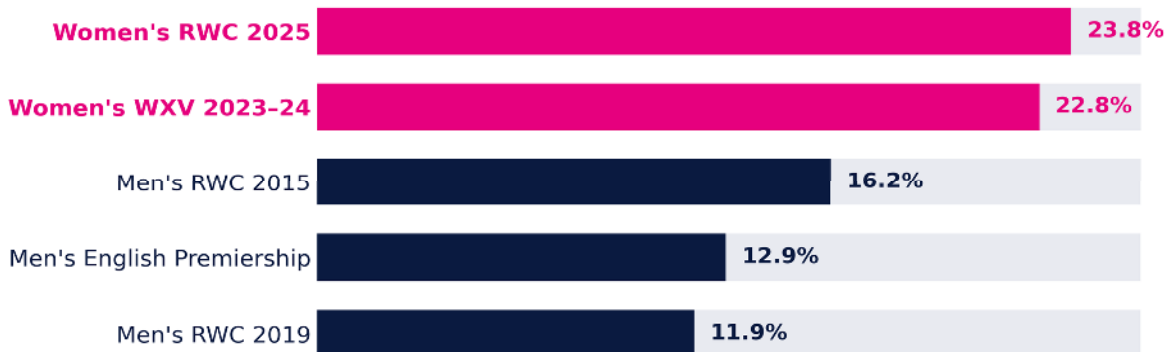
58%

of all time lost came from knee ligament sprains alone

women's WXV 2024

KNEE = A BIGGER SHARE OF INJURIES IN THE WOMEN'S GAME

Knee injuries as % of all match injuries



WHAT YOU CAN DO — NEUROMUSCULAR TRAINING

A short, structured warm-up is the single most evidence-based action you can take to prevent knee injuries

15–20 min

Warm-up duration

ACTIVATE

World Rugby Injury Prevention
Exercise Programme

2–3x / week

Frequency, every week of
season

WHY IT WORKS

- Improves trunk, hip and knee control in cutting, landing and decelerating, when the knee is most vulnerable.
- Stronger hamstrings help resist the forward shin movement that loads the ACL.

WHAT THE EVIDENCE SHOWS

- 22%** fewer overall knee injuries with NMT in female team-sport athletes
- 50%** fewer ACL injuries with NMT in female team-sport athletes
- 40%** fewer lower-limb injuries in adult community men's rugby with Activate

Coaches don't need to wait for more research, they need to act on the evidence we already have

Neuromuscular training should be regarded as a **core part of training**, not an optional extra