

Supplementary File

The Relationship Between Games Missed for Rest or Load Management and Injury in the
National Basketball Association, 2014-15 through 2022-23

Sports Medicine

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Supplemental Table 1. Index injuries in regular season games and hazard ratios by regular season games missed for rest or load management category among Star players in the NBA, 2014-15 through 2022-23

Regular Season Games Missed for Rest or Load Management	Including 1-Game Absences due to Injury				Excluding 1-Game Absences due to Injury			
	Injuries	Player-Minutes	Hazard Ratio	95% CI	Injuries	Player-Minutes	Hazard Ratio	95% CI
Unadjusted Results								
0	127	360,681	Reference		186	444,570	Reference	
1 to 2	70	126,646	1.66	1.22, 2.25	34	67,030	1.23	0.83, 1.76
3 to 5	24	34,983	2.24	1.39, 3.48	5	13,035	0.97	0.34, 2.14
6 or more	7	4,498	5.09	2.13, 10.32	3	2,174	3.41	0.84, 9.07
Adjusted Results^a								
0	127	360,681	Reference		186	444,570	Reference	
1 to 2	70	126,646	1.46	1.04, 2.02	34	67,030	0.97	0.63, 1.45
3 to 5	24	34,983	1.90	1.14, 3.06	5	13,035	0.85	0.29, 1.95
6 or more	7	4,498	3.87	1.56, 8.24	3	2,174	2.39	0.57, 6.68

^a Adjusted for age, injury history in prior season and season-to-date, games missed due to injury in prior season and season-to-date, games missed for reasons other than rest or load management or injury in season-to-date, average minutes played per regular season game in prior season and season-to-date.

Supplemental Table 2. Index injuries in regular season games and hazard ratios by regular season games missed for rest or load management category among select players each season in the NBA, 2014-15 to 2019-20 hiatus and 2022-23

Regular Season Games Missed for Rest or Load Management	Including 1-Game Absences due to Injury				Excluding 1-Game Absences due to Injury			
	Injuries	Player-Minutes	Hazard Ratio	95% CI	Injuries	Player-Minutes	Hazard Ratio	95% CI
Unadjusted Results								
0	354	954,308	Reference		470	1,138,027	Reference	
1 to 2	132	230,633	1.63	1.32, 2.00	40	75,230	1.32	0.94, 1.81
3 to 5	25	41,903	1.83	1.18, 2.71	5	14,618	0.89	0.32, 1.94
6 or more	6	2,120	8.57	3.36, 17.73	2	1,090	4.45	0.74, 13.90
Adjusted Results^a								
0	354	954,308	Reference		470	1,138,027	Reference	
1 to 2	132	230,633	1.44	1.16, 1.79	40	75,230	1.21	0.84, 1.70
3 to 5	25	41,903	1.60	1.01, 2.43	5	14,618	0.88	0.31, 1.94
6 or more	6	2,120	6.90	2.67, 14.63	2	1,090	3.08	0.51, 9.85

^a Adjusted for age, injury history in prior season and season-to-date, games missed due to injury in prior season and season-to-date, games missed for reasons other than rest or load management or injury in season-to-date, average minutes played per regular season game in prior season and season-to-date.

Supplemental Table 3. Index non-contact injuries in regular season games and hazard ratios by regular season games missed for rest or load management category among select players each season in the NBA, 2014-15 through 2022-23

Regular Season Games Missed for Rest or Load Management	Including 1-Game Absences due to Injury				Excluding 1-Game Absences due to Injury			
	Injuries	Player-Minutes	Hazard Ratio	95% CI	Injuries	Player-Minutes	Hazard Ratio	95% CI
Unadjusted Results								
0	122	1,173,261	Reference		162	1,409,339	Reference	
1 to 2	40	304,488	1.33	0.91, 1.91	11	108,533	0.92	0.47, 1.63
3 to 5	11	55,324	2.27	1.14, 4.10	2	18,712	1.04	0.17, 3.28
6 or more	3	5,844	5.78	1.41, 15.5	1	2,333	3.47	0.20, 15.60
Adjusted Results^a								
0	122	1,173,261	Reference		162	1,409,339	Reference	
1 to 2	40	304,488	1.32	0.89, 1.93	11	108,533	0.96	0.47, 1.76
3 to 5	11	55,324	2.26	1.09, 4.29	2	18,712	0.99	0.16, 3.22
6 or more	3	5,844	5.27	1.24, 15.26	1	2,333	2.33	0.13, 11.22

^a Adjusted for age, injury history in prior season and season-to-date, games missed due to injury in prior season and season-to-date, games missed for reasons other than rest or load management or injury in season-to-date, average minutes played per regular season game in prior season and season-to-date.

Supplemental Table 4. Index injuries in regular season games and hazard ratios by regular season games missed for rest or load management category among select players each season in the NBA, 2014-15 through 2022-23

Regular Season Games Missed for Rest or Load Management	Including 1-Game Absences due to Injury				Excluding 1-Game Absences due to Injury			
	Injuries	Player-Minutes	Hazard Ratio	95% CI	Injuries	Player-Minutes	Hazard Ratio	95% CI
Unadjusted Results								
0	459	1,173,261	Reference		607	1,409,339	Reference	
1 to 2	174	304,488	1.55	1.29, 1.86	59	108,533	1.31	0.99, 1.69
3 to 5	34	55,324	1.79	1.23, 2.51	7	18,712	0.94	0.40, 1.83
6 or more	9	5,844	4.32	2.06, 7.91	3	2,333	2.94	0.73, 7.69
Adjusted Results^a								
0	459	1,173,261	Reference		607	1,409,339	Reference	
1 to 2	174	304,488	1.40	1.15, 1.69	59	108,533	1.28	0.94, 1.70
3 to 5	34	55,324	1.59	1.07, 2.30	7	18,712	0.90	0.38, 1.80
6 or more	9	5,844	3.66	1.70, 6.93	3	2,333	1.96	0.48, 5.28

^a Adjusted for age, injury history in prior season and season-to-date, games missed due to injury in prior season and season-to-date, games missed for reasons other than rest or load management or injury in season-to-date, average minutes played per regular season game in prior season and season-to-date, total load in regular season-to-date, total time in fast zone in regular season-to-date, and total time in high acceleration or deceleration state in regular season-to-date.

Supplemental Table 5. Index injuries in regular season games and hazard ratios by regular season games missed for rest or load management category among select players each season in the NBA stratified by history of 2+ consecutive games missed injury in the prior season, 2014-15 through 2022-23

Regular Season Games Missed for Rest or Load Management	Including 1-Game Absences due to Injury				Excluding 1-Game Absences due to Injury			
	Injuries	Player-Minutes	Hazard Ratio ^a	95% CI ^a	Injuries	Player-Minutes	Hazard Ratio ^a	95% CI ^a
Players Without Prior Injury								
0	130	447,204	Reference		155	518,004	Reference	
1 to 2	34	88,225	1.42	0.93, 2.12	12	25,392	1.94	0.93, 3.74
3 to 5	3	11,112	1.14	0.27, 3.21	1	3,961	0.89	0.05, 4.25
6 or more	2	1,046	5.41	0.80, 20.72	1	229	4.37	0.22, 27.98
Players With Prior Injury								
0	329	726,056	Reference		452	891,334	Reference	
1 to 2	140	216,263	1.50	1.20, 1.86	47	83,141	1.15	0.82, 1.58
3 to 5	31	44,212	1.69	1.11, 2.49	6	14,750	0.88	0.34, 1.83
6 or more	7	4,798	3.42	1.42, 6.95	2	2,104	1.76	0.29, 5.62

^a Adjusted for age, injury history in prior season and season-to-date, games missed due to injury in prior season and season-to-date, games missed for reasons other than rest or load management or injury in season-to-date, average minutes played per regular season game in prior season and season-to-date, total load, total time in fast zone, and time in high acceleration and deceleration state.