

Abstract 47

PADEL: AN EMERGING CAUSE OF OCULAR TRAUMA IN CHILE

Bofill Á.*, Gorziglia A., Guerra J., Rivas M.J., Pérez E., Orellana J.

Fundación Oftalmológica Los Andes ~ Santiago ~ Chile

Padel has been one of the fastest growing sports around the world during recent years. It is estimated that around 18 Million People around the globe are active Padel players. Chile, as well as the rest of Latin America has followed this trend. There are around 1.700 Padel Courts in Chile with approximately 28.500 matches played every week. Padel is a racquet, usually played by 4 people in a closed 20x10 meters court surrounded by glass walls. It uses a 6,5 cms diameter yellow ball, similar to the one used in tennis that can reach speeds up to 120 km/h, even in amateur matches. These characteristics pose a great risk for accidental ocular trauma during the practice of padel.

Electronic medical records, between January 2010 to October 2024, and imaging from 35 patients with eye lesions secondary to padel practice were retrospectively reviewed. Multimodal retinal imaging approach, including optical coherence tomography angiography, were performed.

During the study period, 35 patients were treated for padel-related ocular injuries, with an almost exponential increase in emergency visits. The mean age was 45,25 (+/- 11,5) years, and 80% were men. Most injuries were in the right eye (60%). The Snellen Chart mean visual acuity (VA) at presentation was 0,87 (logMAR 0,116). At 6-month follow-up, the mean VA improved to 0,95 (logMAR 0,025). Mostly, mild ocular injuries were evident: traumatic iritis (34,2%), iris sphincter tears (28.5%), corneal erosions (22%). However, some patients presented with more severe ocular injuries such as retinal tears (11.4%), choroidal rupture (5.7%), vitreous hemorrhage (5,7%), and retinal detachment (5,7%), among others. Most patients (80%) were treated with topical treatment. Some patients required more invasive treatments such as focal laser (8,5%), Pars Plana Vitrectomy (8,5%), Conventional Retinal Detachment Surgery (2,8%) or Anti-VEGF intravitreal injections (2,8%). Although only two patients ended up with decreased visual acuity, eleven patients (31,4%) had persistent anisocoria or photophobia. None of the patients were wearing eye protection at the time of the trauma.

Padel is one of the fastest-growing sports in our country and, given its characteristics, can pose a significant risk of ocular trauma. Ocular injuries associated with padel can generate considerable morbidity that can result in permanent visual impairment. The implementation of mandatory eye protection should be considered.