



EFFECTS OF SPECIFIC INJURY PREVENTION PROGRAMMES IN FOOTBALL



Effect of specific exercise-based football injury prevention programmes by Thorborg et al. BJSM



SYSTEMATIC REVIEW AND META-ANALYSIS INCLUDING 6 RANDOMISED CONTROLLED TRIALS COMPARING THE FIFA INJURY PREVENTION PROGRAMMES WITH A CONTROL (NO OR SHAM INTERVENTION) POOLING 6574 INDIVIDUALS PLAYING FOOTBALL AT THE RECREATIONAL/SUBELITE LEVEL, EXPOSED TO 510,055 HOURS OF FOOTBALL ACTIVITY AND ENDURING 2454 INJURIES IN TOTAL.



FIFA 11+

INJURY-PREVENTING EFFECT BY REDUCING FOOTBALL INJURIES IN RECREATIONAL/SUBELITE FOOTBALL BY 39%.

PLAY IT SAFE WITH FIFA 11+

FIFA 11

A PREVENTIVE EFFECT FROM THE FIFA 11 PREVENTION PROGRAMME ALONE COULD NOT BE DOCUMENTED.



THE FIFA 11+ PREVENTION PROGRAMME REDUCES THE TOP FOUR MOST PREVALENT FOOTBALL INJURIES

KNEE



48% REDUCTION

ANKLE



32% REDUCTION

HIP & GROIN



41% REDUCTION

HAMSTRINGS



60% REDUCTION

Sports Injuries Prevention Management And Risk Factors

S Marginson



Sports Injuries Prevention Management And Risk Factors:

The book delves into Sports Injuries Prevention Management And Risk Factors. Sports Injuries Prevention Management And Risk Factors is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sports Injuries Prevention Management And Risk Factors, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sports Injuries Prevention Management And Risk Factors
 - Chapter 2: Essential Elements of Sports Injuries Prevention Management And Risk Factors
 - Chapter 3: Sports Injuries Prevention Management And Risk Factors in Everyday Life
 - Chapter 4: Sports Injuries Prevention Management And Risk Factors in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Sports Injuries Prevention Management And Risk Factors. This chapter will explore what Sports Injuries Prevention Management And Risk Factors is, why Sports Injuries Prevention Management And Risk Factors is vital, and how to effectively learn about Sports Injuries Prevention Management And Risk Factors.
 3. In chapter 2, this book will delve into the foundational concepts of Sports Injuries Prevention Management And Risk Factors. This chapter will elucidate the essential principles that must be understood to grasp Sports Injuries Prevention Management And Risk Factors in its entirety.
 4. In chapter 3, this book will examine the practical applications of Sports Injuries Prevention Management And Risk Factors in daily life. This chapter will showcase real-world examples of how Sports Injuries Prevention Management And Risk Factors can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Sports Injuries Prevention Management And Risk Factors in specific contexts. This chapter will explore how Sports Injuries Prevention Management And Risk Factors is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Sports Injuries Prevention Management And Risk Factors. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sports Injuries Prevention Management And Risk Factors.

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