



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

Judd E. Hollander



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