



# The Footballers 7 Deadly Sins

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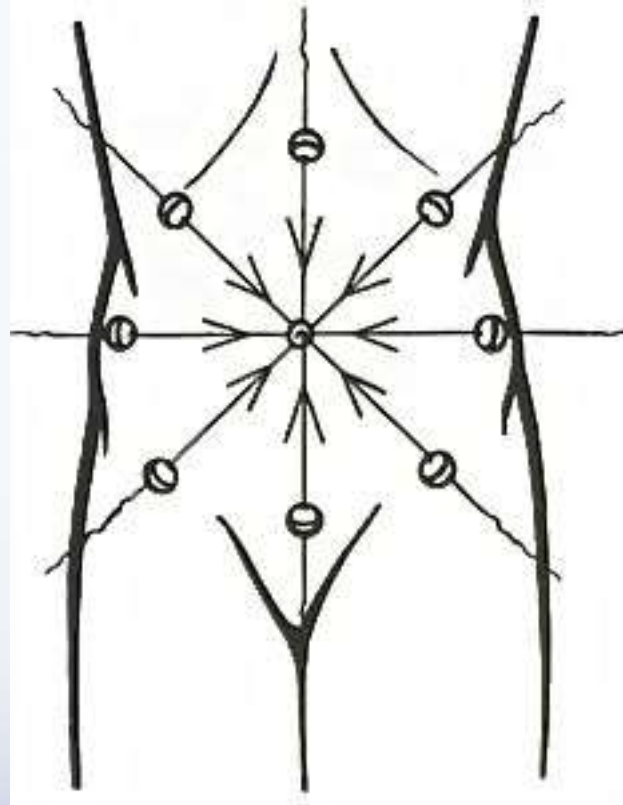


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2. Not enough balance retraining
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5. Not enough flexibility/warming up
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# 1. Core Strength



# 1. Core Strength

- Core strength does not mean strong Abs

Definition – the ability to dynamically stabilize and control your trunk on top of your legs whilst changing body position

- Includes – abdominals
  - pelvic floor and diaphragm
  - gluteals
  - Hip Flexors
  - Back extensor muscles
- Better core strength =
  - less likely to fall over
  - less likely to get pushed off the ball
  - less likely to succumb to a tackle
  - less likely to get injured, back pain, ACLs, hamstrings



# 1. Core Strength



## 2. Balance

- Scientifically
  - people with reduced proprioception and poor postural sway get injured more often
  - Balance training can prevent Ankle and Knee Injuries
- Previous history of injury = greater chance of injury reoccurring
- use balance as a training tool
- If injured do at home eg. Down ball, eyes closed, jumping, landing
- At training don't waste time include it as part of your warm up



# 3. Hamstring Strength

- Hamstring Strains most frequent injury in AFL
- Up to 31% injury recurrence
- Reduced strength is related to hamstring injuries
- Other Factors
  - Core strength,
  - neuro-muscular control – balance
  - gluteal strength
  - Tight Hip Flexors
  - Tight Quadriceps



# Nordics



- <http://www.youtube.com/watch?v=oa6Ai5ty6oY&NR=1&feature=fvwp>





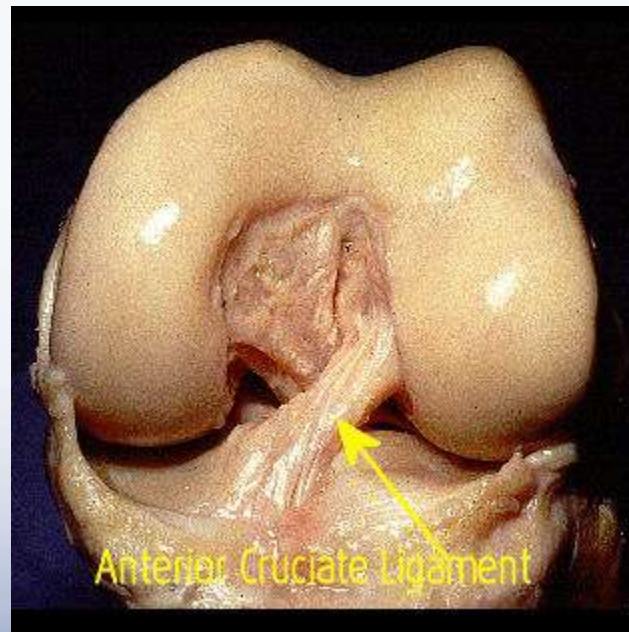
# Hamstring Research

- (Peterson et al.)
- Nordic Curls decrease injury rate by 70%
- Nordic Curls post injury can reduce injury rate by 85%
- Start with 1 set of 5 once per week
- 10 week program finishing with 3 x10 x2 week
- Hard exercise to do
- Be careful post injury
- Watch for DOMs
- Strength – Sprinters 16 weeks to get full strength
- At 6 weeks 90% strength
- Who thinks they can come back at week 3???

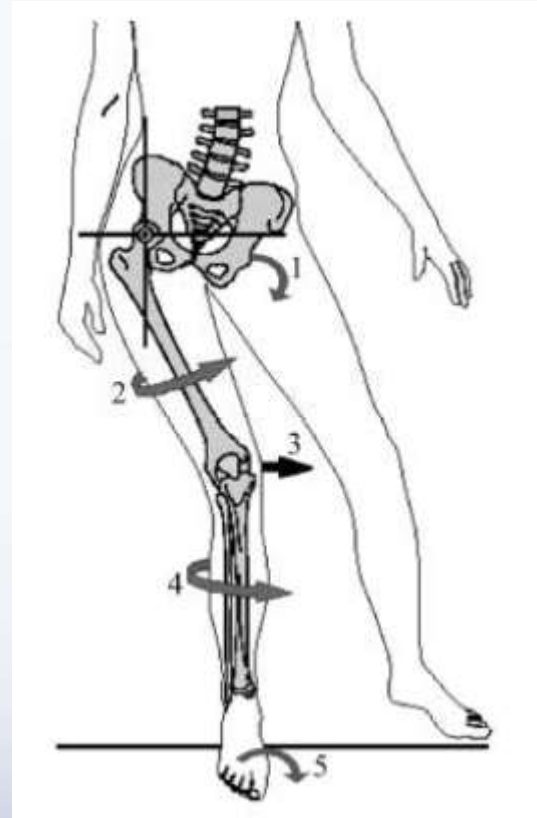


# 4. ACL Injuries

- Up to 50% of ACL injuries occur in a non-contact mechanism
- It is this 50% which can be drastically cut



# ACL Injuries



# How to Land

- Correct Landing can cut ACL injury rate by 50%
- Always land on 2 feet where possible
- Avoid landing with a straight knee
- Avoid going “Knock kneed”
- Get stronger Hips, keep pelvis level
- Practice step downs – avoiding knock knees
- Practice jumps, hops, landing
- Practice Balance
  
- Try to make it feel natural



# **5. Not enough Flexibility Or Warm up**



# Stretching/Warm up

- **Stretching**

- Can be important if you are a stiff jointed person
- Not essential if you are naturally flexible
- Regular stretching on non-training days may actually increase strength of connective tissue

- **Warm up**

- Essential
- If you are late – still do warm up
- Incorporate dynamic, functional movements



# Hamstrings

- Hamstrings
  - Want 70 degrees true straight leg raise at least



# Femoro-Acetabular Impingement

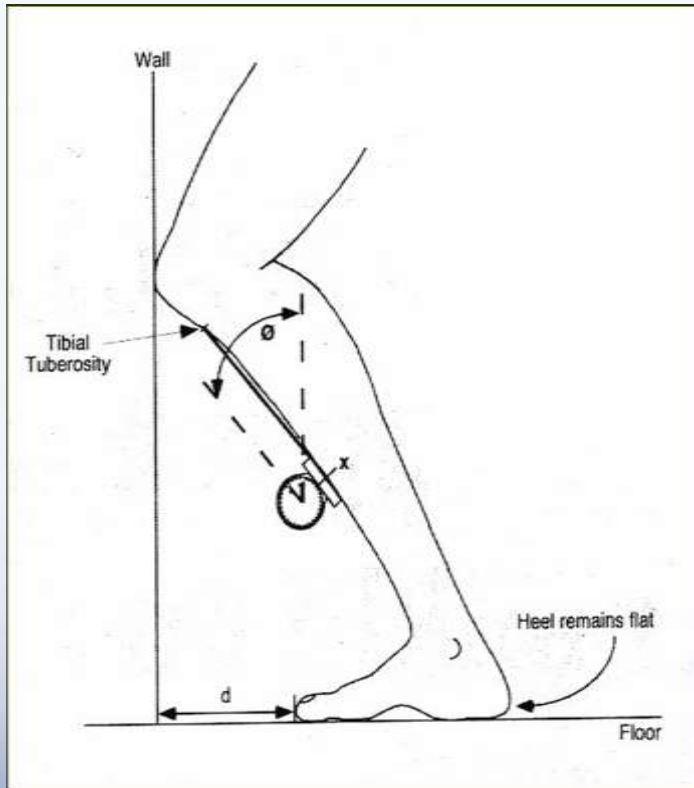


- Monitor Hip Joint ROM
- Internal Rotation
- Flexion
- Cause of groin pain and Osteitis Pubis





# ANKLE ROM



- Reduced dorsiflexion
- Important for shock absorption when you run or land
- Linked to knee, ankle, back and hip injuries
- Minimum 12 cm
- Ice bucket ex



# 6. Recovery

- Start Immediately
- Ice bath / Cold shower – reduce Body Temp
- Cool Down
- Identify injuries +++++
  - PRICER
- Re-hydrate
- Alcohol – slows recovery by 3 days
- Focus on restoring flexibility
- Sleep
- Rest
- Don't overtrain – basketball, other sports etc



# Recovery

- Many injuries can be avoided
- Load Management – too many sports, too much training
- Groin/Adductor Problems – overload
- Osteitis Pubis
- Shin Splints/Stress Fractures
  - Israeli Army
    - \$Millions on shoes
    - \$Millions on orthotics
    - Strength/stretching Programs
    - Nothing worked
    - SLEEP 8 hours Day



# 7. Rehabilitation

- **Muscle Injuries (tear/cork)**
  - Rest 4-5 days – protect muscle tissue to avoid excessive scar
  - Then progressive strength
  - Remember 90% strength 6 weeks
  - Full recovery 16 weeks (professional sprinters)
  - High rate recurrence
- Get an opinion
- Don't want "3 strains in 4 weeks"



# Rehabilitation

- **Joint Injuries**

- Ligament Injuries often improve faster if splinted/braced appropriately
- Swelling management
- Then progressive ROM exercise
- strength
- Balance
- Functional Training
- Why start 3 weeks down the track??



# Rehabilitation

- **Shoulder Dislocation**
  - Up to 70% recurrence without surgery
  - Need comprehensive Rotator Cuff / band exercises for 3 months + intensive
  - Maintenance exercises for rest of life – poor compliance
  - Surgery is recommended for people under 25
    - 3-15% recurrence



# Rehabilitation

- Ankle Sprain

- Initial Management crucial
- Ice and compress until swelling goes
- Ice Bucket regime to get mobility back
- Balance
  
- Opinion – Sprain = Torn Ligaments
  
- Return to sport when ready full hop, jump, full lunge
- Completed 2 training sessions

