

Birmingham City Ladies

Centre of Excellence





Common injuries & prevention

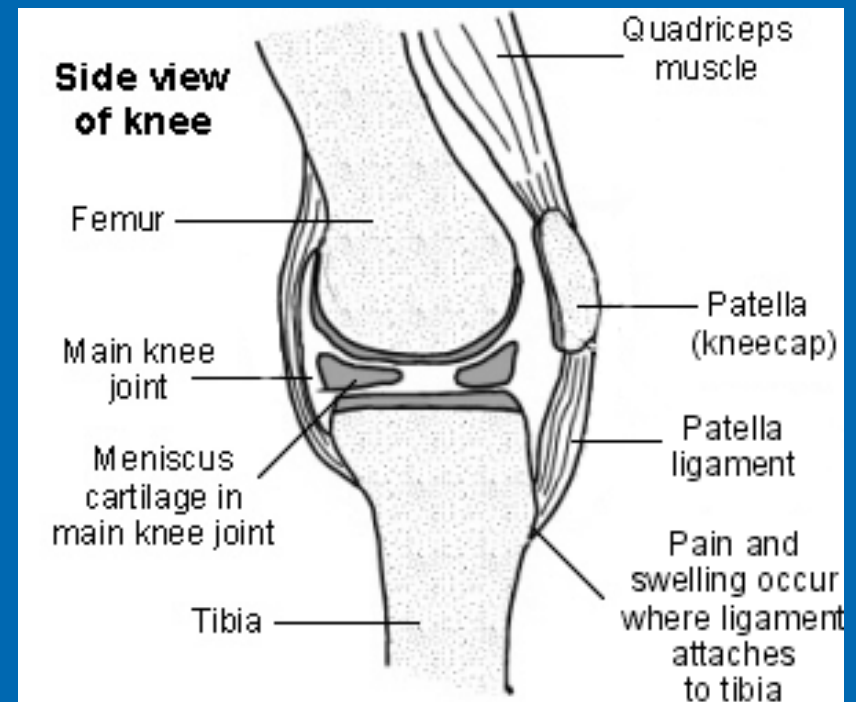
- Common injuries for under 15's
- Injury prevention
- ACL prevention



Common injuries

Osgood Schlatter

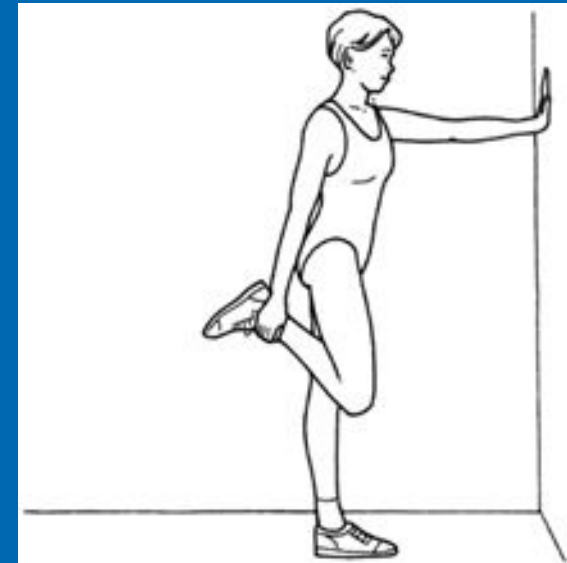
- Common in footballers
- Overuse in quads & growth spurts
- Pain and swelling over front of knee just below knee cap
- Self limiting





Treatment

- Reduce exercise during flares
- Ice over front of knee after exercise
- Pain relief i.e. paracetamol
- Prevent by stretching quads regularly even if not painful

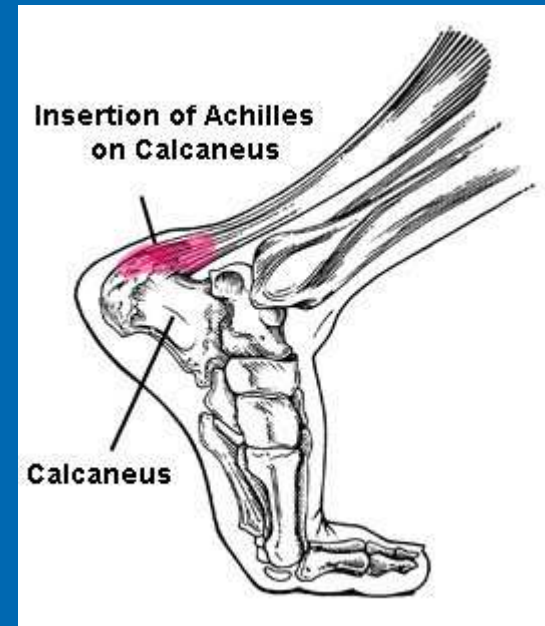




Common injuries

Sever's disease

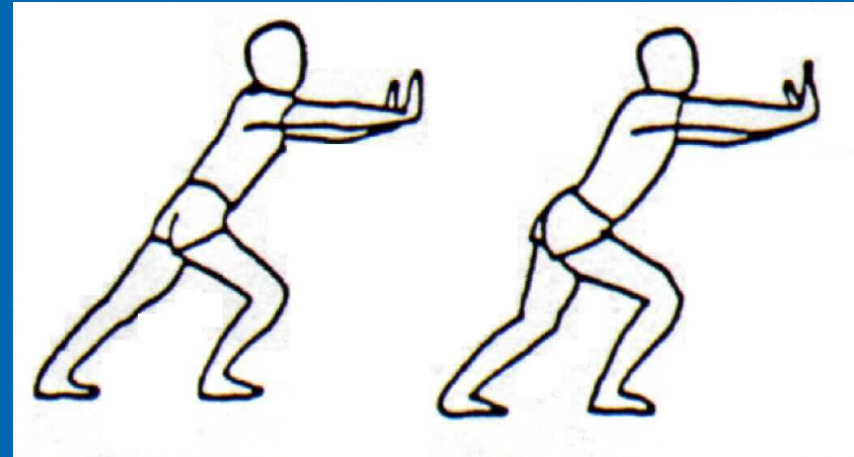
- Average age of onset for girls is 9 & peak at 11 years old
- More common in sporty children
- Due to recurrent stress on heel
- Self limiting





Treatment

- Relative rest
- Ice
- Orthotics
- Stretches to avoid tightening of muscles that attach to heel bone
- Change of activity to non weight bearing exercise i.e. swimming, cycling
- Severe cases have to be immobilised – very rare





Common injuries

Hamstring strains

- Trauma to hamstring
- Sudden onset when running or kicking or direct blow (less common)
- Different grades of injury 1-3 that are characterised by pain, if able to walk, swelling & range of movement at the knee
- Sharp pain at back of thigh





Causes

- Doing too much, too soon or pushing beyond your limits
- Tight muscles at front of hip
- Weak glutes
- Poor flexibility
- Poor muscle strength
- Muscle imbalance between the quadriceps and hamstring muscle groups
- Muscle fatigue that leads to over-exertion
- Leg length differences. A shorter leg may have tighter hamstrings which are more likely to pull
- Improper or no warm-up
- History of hamstring injury



Rehabilitation

- Don't keep going!
- R.I.C.E initially
- Pain relief but no ibuprofen in 24-48 hours
- Stretching but only when no pain on walking
- Strengthening program before returning to sport specific training
- Gradually phased back into football
- Get physiotherapy advice no matter how mild the strain as increases risk of reoccurrence.





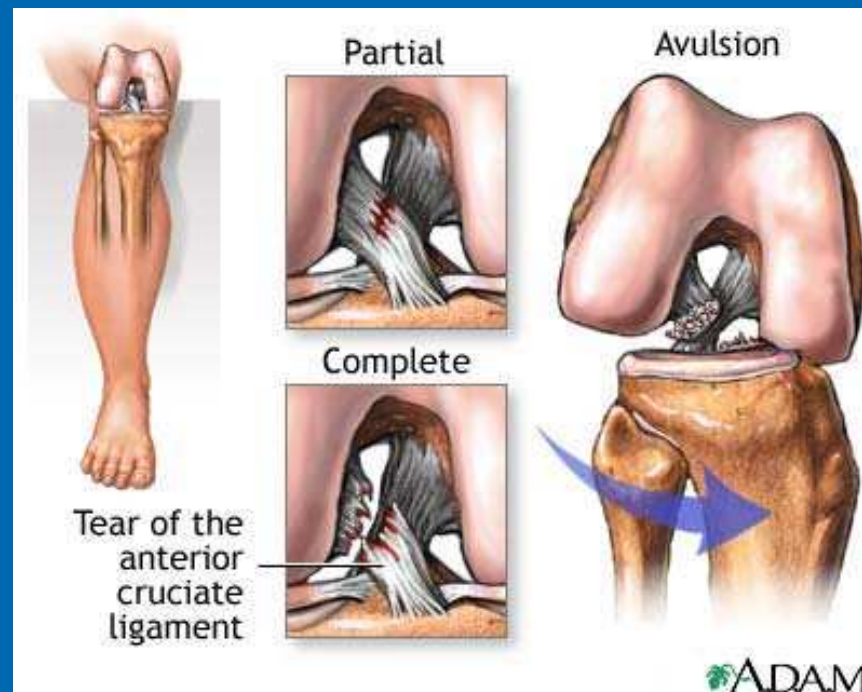
Prevention

- Good quality warm up – 20 minutes plus involving some backward running
- Dynamic warm up
- Correct rehab after an initial hamstring injury
- Cool down with correct stretching techniques
- Recover well



ACL injuries

- Ligament in centre of knee which controls knee stability
- More common in females due to biomechanics and ACL is thinner compared to men





Causes of ACL injuries

- Weak hamstrings that cause more stress on ACL
- Poor jumping/landing techniques that cause twisting to the knee
- Weak core muscles
- Poor balance
- Poor squatting techniques





Prevention of ACL injuries

There is now good evidence that a prevention program consisting of a mixture of:

- 1. balance training
 - 2. landing with increased flexion at the knee and hip
 - 3. controlling body motions, especially in deceleration and pivoting manoeuvres
- can significantly reduce the number of ACL injuries.

The **FIFA 11 plus** includes many of the ACL prevention exercises



Prevention exercises





Prevention exercises





Prevention exercises





Prevention exercises





SUMMARY

- You can get all the information on <http://f-marc.com/11plus>
- The site also gives you downloads of exercises for computer & iphone
- Start good practice when younger
- Any concerns come and see physio

Prevention is better than cure