

Birmingham City Ladies

Centre of Excellence





Physiotherapy Testing

Today's session

- What tests we do for physiotherapy
- Why we perform these tests
- How can we improve on these tests
- Results for this year so far
- Aims for testing at end of season



Thomas Test

What does it test?

- ✓ Flexibility of hip flexors especially iliopsoas
- ✓ Flexibility of quadriceps muscles especially rec fem, which goes across hip and knee

Why is this important?



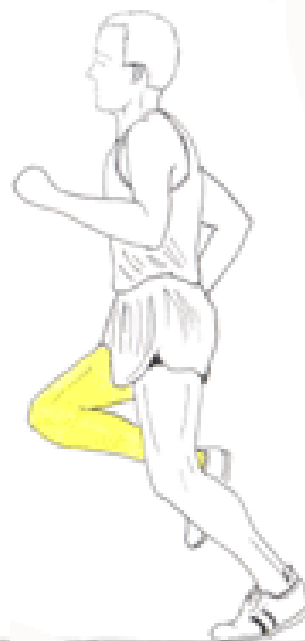


If either muscle is tight it can alter your running and kicking biomechanics

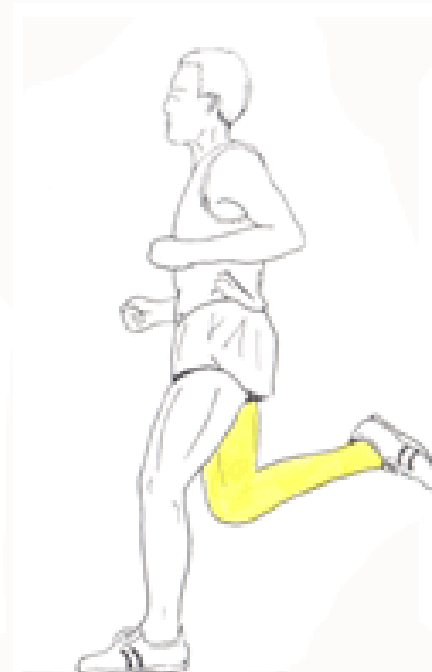
Fig. 3
Swing phase of the gait (yellow leg indicates swing phase)



Leg Descent



Hip Flexion

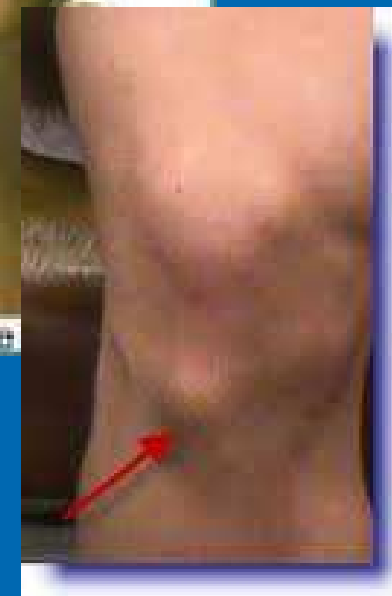


Follow Through



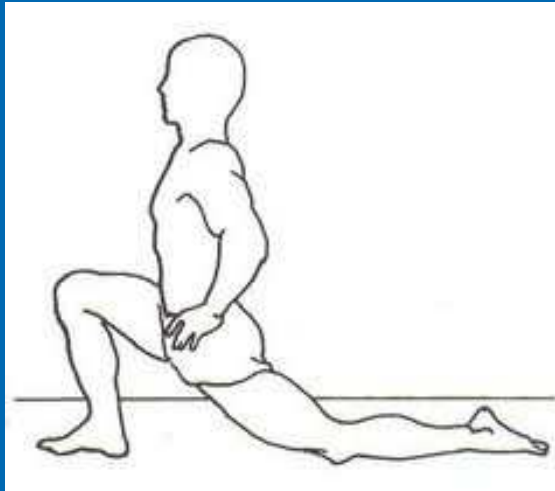
Preventing muscle tears & common complaints

- Muscle tears – common in the bigger muscles of lower limb. Different grades of tears but can take 3 weeks to 3 months to return to sport fully.
- Osgood Schlatters - common in young footballers and caused by tight quadriceps when growing.



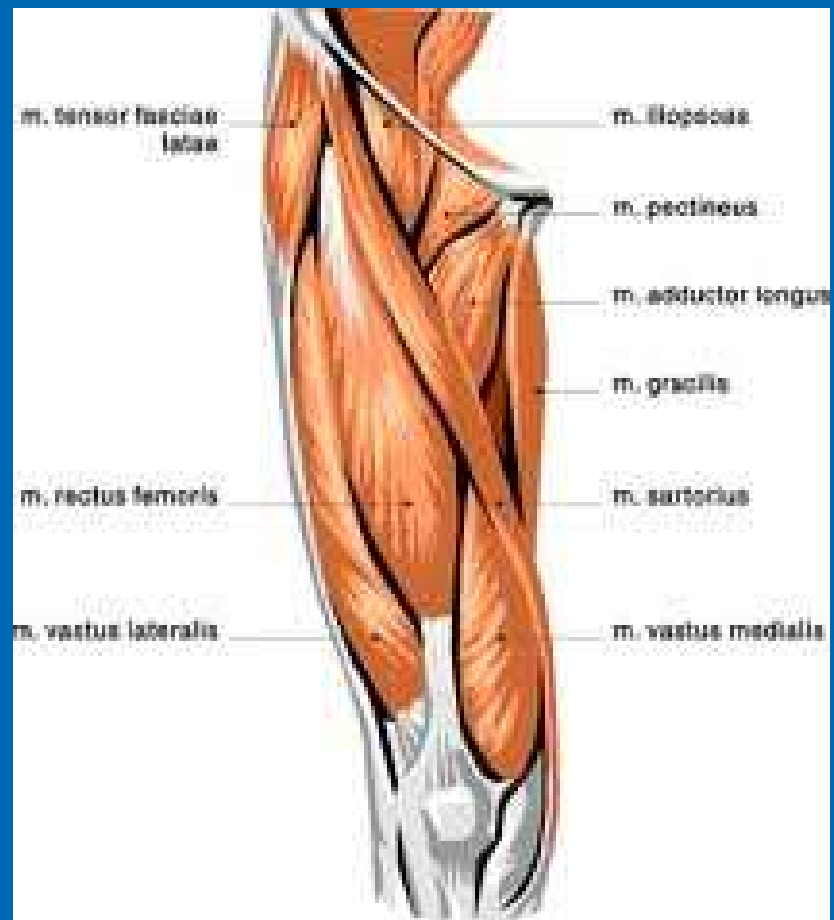


Prevention?





Prevention



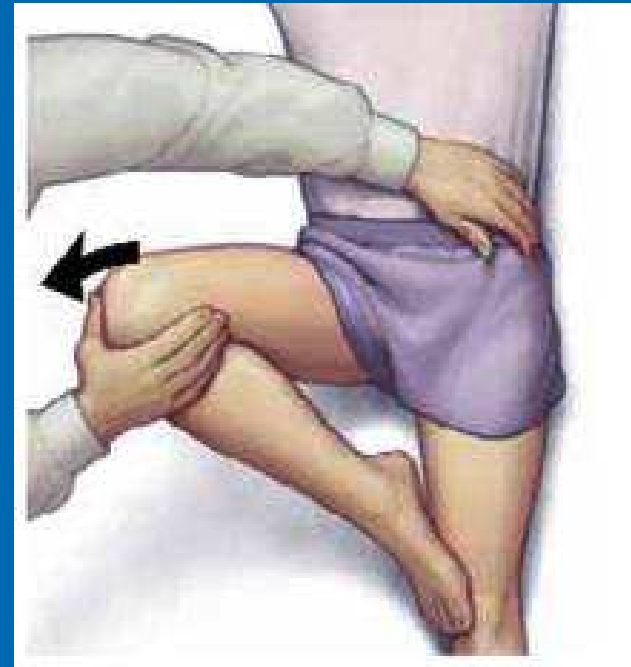


Faber's Test

What does it test?

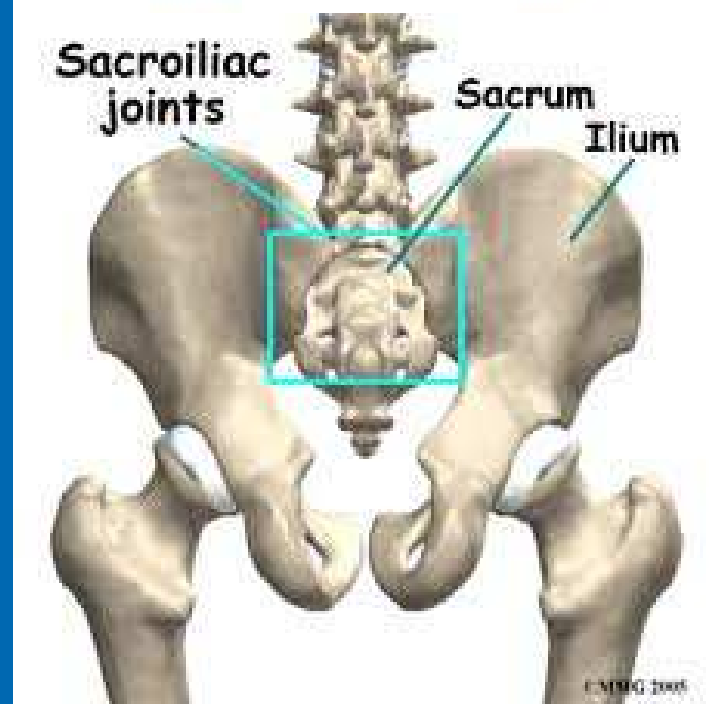
- ✓ Hip joint
- ✓ Sacroiliac joint in pelvis
- ✓ Adductor muscles flexibility

Why is this important?



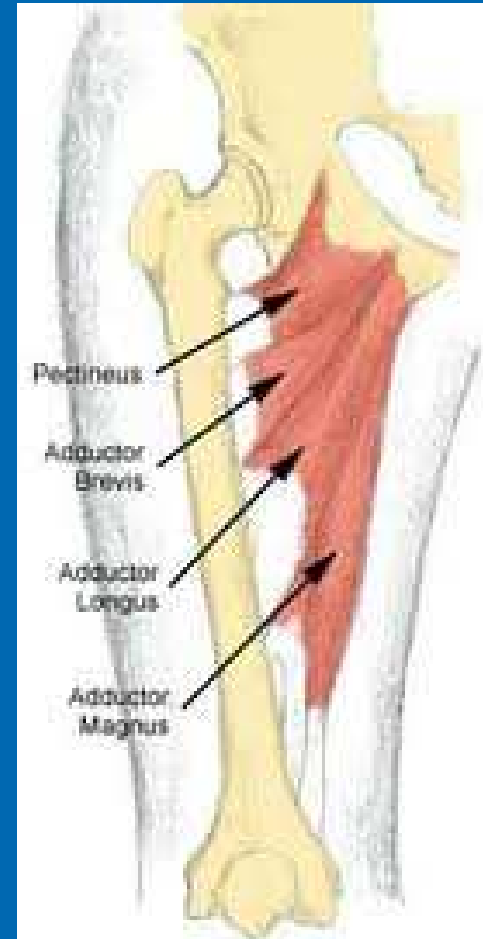
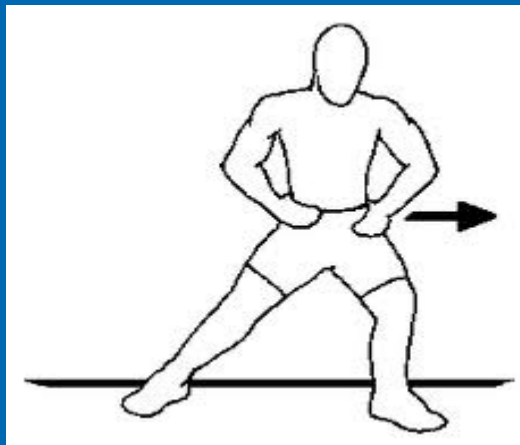


Screening the hips and pelvis is important when players are growing to identify any early significant pathology.





Avoiding a groin strain





Knee to wall

What does it test?

- ✓ Flexibility of calf muscles – gastroc and soleus
- ✓ Ankle joint range

Why is this important?





Research has shown links between ankle joint stiffness and lower limb injury, especially hamstrings and knees.

One particular study testing Australian footballers showed that those who were limited when lunging forwards were more likely to have lower limb injuries.

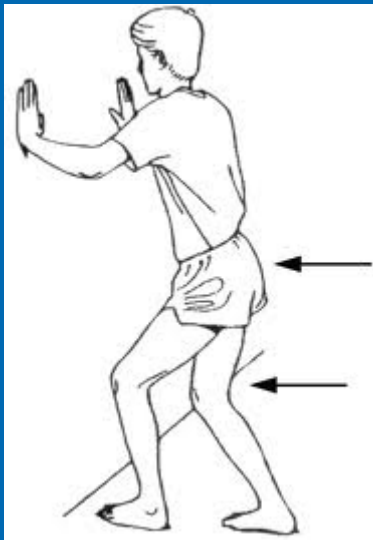
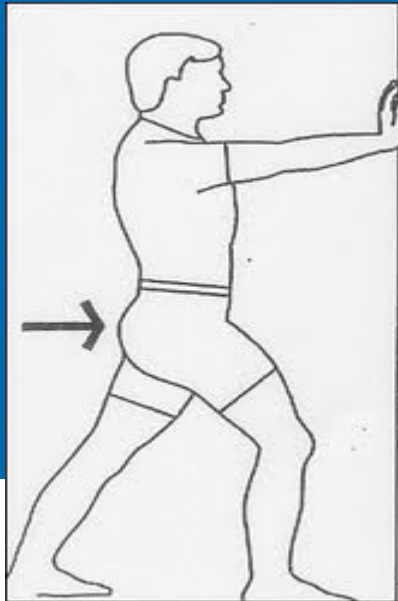
Can also get Sever's disease when growing which is due to tight calf muscles.

Sever's Disease





Prevention





Y balance

What does it test?

- ✓ Dynamic balance
- ✓ Proprioception

Why is it important?





Why have good balance & proprioception?

Your body is more stable and able to react to uneven ground therefore you are less likely to get ankle sprains.

Your agility is better because you can change your centre of gravity to match your movement. This is the key to efficiency in sport.

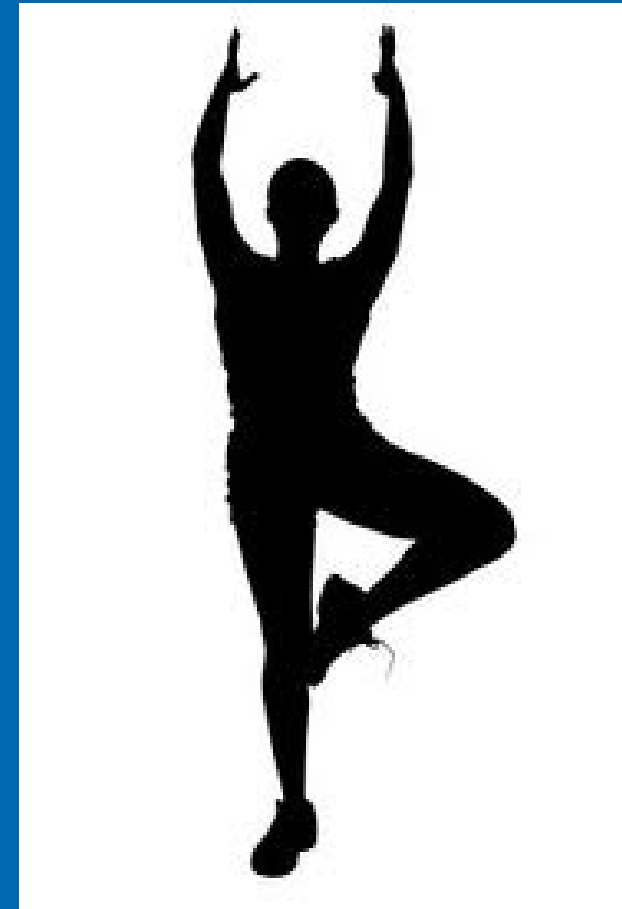




Practice makes perfect!

There are lots of ways to increase balance:

- Wobble cushions
- Standing on one leg whilst cleaning teeth
- Wii fit games
- Throwing & catching on one leg
- Yoga positions
- Standing on one leg and keeping eyes closed



Guideline is 15mins a day



Results so far?

- Do you think your results are good?
- What do you need to work on?
- What injuries are you putting yourself at risk of?
- What do you think England expect?



Summary

- Prepare and recover well. Inadequate stretching techniques, warm ups & cool downs can all lead to poor test results & an increased risk of injury.
- Testing is a vital tool that you can use to benefit your health, fitness & football.
- We want you to improve on these scores so set yourself a target for April.
- Most importantly we want you to **PLAY** and not get injured! Prevention is better than cure.



Any Questions?