

FIFA WORLD CUP FEVER



PHYSIOTHERAPY &
CLINICAL PILATES

WOLLONGONG & UNANDERRA

Whether you are a die-hard soccer supporter, a devoted player, or a little dreamer at home in the backyard – it is unlikely that you will be able to escape the hype that comes with the FIFA World Cup. Even if you are not normally a soccer fan, you will probably find yourself drawn into watching a few matches or highlights at some point.

Soccer has the power to bring all kinds of people together. Like the Olympic games, it is a human experience that can bring races, religions, cultures and nationalities together with no other commonality than a shared passion for the game.

As Physiotherapists we are always looking out for what injuries are occurring, how to treat them and how to prevent them from occurring in the future.

Following are a list of common soccer related injuries:

- Apart from concussions, nearly 83% of injuries occur to the lower limb, most commonly the ankle in men and the knee in women
- Nearly one quarter of all injuries are caused by tackling
- Midfielders are at a higher risk experiencing nearly 40% of overall injuries
- Muscle strains, most frequently the hamstring muscle are in the top three injuries
- Muscle injuries are often associated with a burst of acceleration/sprinting, sudden stopping, lunging, sliding (over stretching the muscle) or a high kick. Whereas ankle and knee injuries, where ligaments are strained, occur with cutting, twisting, jumping, changing direction and contact/tackling
- Groin pain is also a common complaint and may be due to poor kicking technique as well as weakness in the core and pelvis. In fact one in five players will experience a groin injury in a season
- And 40% of those groin injuries will cause a player to have to take more than 28 days off from play

Be sure to check out our [U Physio Facebook page](#) where we're posting some World Cup-special posts packed with fun and informative tips and tricks to help you stay safe on the field.

In most cases the most common cause of many injuries is the result of an underlying weakness or imbalance in the muscles of the leg, core and pelvis.

Your physical fitness is the single most important factor in preventing soccer injuries from occurring.

- Neuromuscular training for the knee can reduce the incidence of series knee injuries by 3.5 times
- A 3 times a week pre-season proprioceptive training program resulted in a decrease in ACL injury by seven times, and an 87% reduction in the risk of suffering an ankle sprain
- A strength training program can reduce the incidence of injury by almost half (47%) compared to soccer players who did no additional strength training

If you want to understand more about any of these aspects, then book an appointment to talk to us at one of our two practices in Unanderra or Wollongong. A good training program which incorporates both strength and neuromuscular/proprioceptive training can go a very long way to helping you prevent an injury from occurring in the first place.

We have six great downloadable advice sheets on treating and preventing the six most common soccer injuries.

DOWNLOAD YOUR **FREE**
ADVICE SHEETS **HERE!**