Description: BlackBg.ai

Top 5 Football Injuries

**Hamstring Strain**  
***Definition:***  
An injury to the hamstring muscle/s or tendons where fibres tear due to over stretching.

*Symptoms:*  
- Pain in the posterior thigh, may feel sharp or appear quite sudden  
- Swelling and bruising may be evident  
- Generally occurs during running/high velocity movements

***Quick Classification:***  
- Grade 1 – still able to jog (miss 1-2 games)  
- Grade 2 – only able to walk (miss 2-3 games)  
- Grade 3 – unable to walk, requires assistance (miss 4-6 games)

***Prevention:***  
- Gluteal strengthening exercises  
- Adequate warm up before activity  
- Eccentric hamstring strengthening exercises

***FIT BALL ROLL OUTS, LUNGES, SINGLE LEG PRESS, HIP LIFTS, DEADLIFTS, PNF STRETCHING(BANDS OR ASSISTANCE) , FOAM ROLLER – ITB, HIP FLEXOR STRETCH***

**ACL Injury**  
**Definition:**  
The anterior cruciate ligament (ACL) is the main ligament in the knee for stability which helps prevent anterior sheer of the tibia on the femur. The ligament itself can be sprained or completely torn.

**Common Causes of Injury:**  
- Deceleration with an attempt to change direction  
- Forced hyper extension of knee  
- Pivoting with near full knee extension whilst the foot is planted  
- Landing from a height with knee in or near full extension

**Symptoms:**  
- Rapid/hot effusion within 24hrs  
- Audible “pop” or “crack” from inside of knee at time of injury  
- Pain bad enough to not continue activity

Classification:  
- Grade 1 – Mild Tear  
- Grade 2 – Moderate Tear  
- Grade 3 – Complete Tear

**Prevention:**  
- Quadriceps and hamstring strengthening exercises  
- Adequate footwear  
- Balance/proprioceptive exercises (both double and single leg)

***LEG PRESS, LEG EXTENSIONS, SQUATS, SINGLE LEG SQUATS, SINGLE LEG DEADLIFTS, SPLIT LUNGES, FOAM ROLLER – ITB, HIP FLEXOR STRETCH***

**Ankle Sprain**  
**Definition:**  
Commonly reared to as being a “rolled ankle”, an injury to the ankle joint where one or more ligaments are torn or partially torn.

**Symptoms:**  
- Pain in/around ankle joint  
- Particularly tender over any damaged ligaments  
- Swelling and bruising may be evident  
- Usually occurs with trauma to the region or sudden rolling over of ankle (e.g. uneven ground)

**Prevention:**  
- Proprioceptive/balance exercises (both double and single leg)  
- Local muscle strengthening to the ankle joint (invertors/evertors of the foot, calves)  
- Sports Taping: Ankle stability

***SINGLE LEG CALF RAISES, BOSU BALL / WOBBLE BOARD, 1 LEG SQUATS, 1 LEG DEADLIFTS, STEP UPS SINGLE LEG BOUNDING***

**AC Joint Sprain**  
**Definition:**  
Damage to the ligaments of the acromioclavicular joint of the shoulder.

**Symptoms:**  
- Pain at the distal end of the clavicle  
- A “step” deformity may be evident  
- Pain with movement of the shoulder  
- Swelling may be evident, depending on severity

**Common Causes:**  
- Falling onto an outstretched arm, Bumps

***Prevention:***

*- Hard injury to prevent being an impact injury however re-strengthening of ligaments and tendons and increased shoulder stability will help with recovery.*

***THERABAND ROATATIONS, ROWING MOVEMENTS IN THE GYM(SQUEEZING OF SHOULDER BLADES), ROATATOR CUFF STRENGTHENING, CHEST STRETCHES***

***WORTH WHILE INVESTMENTS***

GYM MEMBERSHIP:strength and conditioning / injury prevention / weak point training and rehabilitation

FOAM ROLLER:releasing tight muscles to prevent injury and aid recovery

BOXING GLOVES:continue aerobic conditioning whilst carrying lower body injuries

PROTEIN POWDER:post game / training recovery

GOGGLES: swimming for recovery and or alternate low impact fitness

**FIT Tone Health and Fitness Studio**

**12 Stutt Avenue,**

**Doncaster 3108**

**PHONE : 0425 772 072 (Matt)**