

# COMMON FOOTBALL INJURIES

## KNEE INJURIES

(ligaments like the ACL/PCL/LCL/MCL)  
Typically caused due to cutting and pivoting moves, or contact, or poor landings

## HAMSTRING STRAINS

Typically caused from sprinting and explosive movement

## ANKLE SPRAINS

Typically caused do to cutting and pivoting motions or perhaps combined with poor landings

## CONCUSSIONS

Typically occur due to contact with others.

## SHIN SPLINTS

Typically occur from repeated strain on the bone, but can also occur due to ill-fitting footwear.

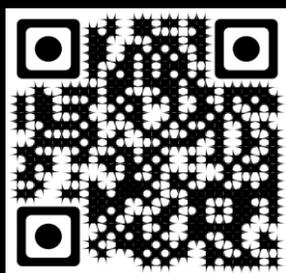


# WAYS TO DECREASE RISK OF INJURIES

- 1) Appropriate footwear.
- 2) Good warm ups and cool downs that involve correct stretching.
- 3) Strengthening the quad and hamstrings appropriately.
- 4) Working on rotational movements to protect the joints.

Triplanar exercises are important for training prior to an injury and after.

They help incorporate rotational work which more closely mimics what is required on the field.



Deadlifts help to work the hamstring and adding rotation in this movement can make the exercise triplanar to help with the increased demands needed for the muscle when playing.

Jumping and landing in a toe, ball, heel fashion helps to decrease injury risk and with retraining following an injury to improve performance. Making sure you land this way helps to slow down the momentum to decrease injury risk, and it helps produce improved jump mechanics with higher jumps.

