A Proposal of Hamstring Injury Prevention Strategy in Football

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PROPOSED STRATEGY

TRADITIONAL APPROACH

PRIMARY PREVENTION - SELECTIVE INTERVENTION

Screening?
Unifactorial
Non-contextualised

Multifactorial
Contextualised

General

Individualized
Specific

Check?
Combination?
Do all players need the same?

Specialized interventions

GENERAL 'PREVENTION' PROTOCOL
Primary prevention?

Microcycle structure
*Pre-established structure; were general (group or individual) prevention sessions are distributed

MD1 MD2 MD1 MD2 MD1 MD2 MD1 MD2

Microcycle:
Recovery
Group preventive training
To prevent the athlete from injury

Preparation (or Recovery)
Individual preventive training
To reinforce the individual skills

Group preventive training
Training response monitoring

Load prescription (management)
Specific (complementary) training

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Specific (complementary) training

Load prescription (management)
Specific (complementary) training

Prevention proposal: intervention distribution

- KNOW YOUR PLAYER
- KNOW YOUR SPORT
- KNOW YOUR SPECIFIC TRAINING METHODOLOGY

AND IT'S EFFECTS!

LOAD MONITORING AND PRESCRIPTION (MANAGEMENT)
What most of football teams do (at some extent) as a primary and mostly as a secondary prevention intervention

SUMMARY

VERY IMPORTANT
IMPROVE SELECTIVE INTERVENTIONS AT PRIMARY PREVENTION

** MICROCYCLE EXAMPLE**

PREVENTIVE TRAINING MICROCYCLE

MD1 MD2 MD1 MD2

Strengthening
Specific exercises
Endurance training

Sports training

Internal Load

External Load

Load INPUT

Load OUTPUT

Performance

Training

Fitness

Sprint

Technique

Mechanics

Coaches Prevention

Improvements diminish prevent potential anterior cruciate ligament (ACL) and other injuries prevention and management of these preventative measures should be based on a combination of strategies (prevention, treatment, and rehabilitation).