

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

*Teen pitchers and
shoulder pain*

DOES YOUR SOCCER COACH KNOW ABOUT INJURY PREVENTION?

Athletics is an important part of growing up. However, with participation in sport there is a risk of injury. Over the last decade there has been an alarming increase in the number of injuries especially in the female, adolescent athlete. Recent research is providing us with some answers though.

In a study of 300 female soccer players, the effects of preseason conditioning was studied. Forty-two of the 300 participated in a regimen of conditioning exercises for a 7 week period of time. The entire group of soccer players was then followed for a year.

Interestingly, all of the injuries amongst these 300 participants occurred in the thighs and legs with over 60% occurring in the knees and ankles.

If you were wondering what happened with the group of girls that were involved in the preseason conditioning, the outcome was favorable. The group that was involved in preseason training had significantly fewer injuries. The authors concluded that the conditioning helped lower the risk of soccer injury.

Another study concluded that a proper prevention program of education and supervision of coaches and players decreases the risk of injury. In a 2002 study of male youth soccer players they reported that the number of injuries, especially in those just learning how to play soccer (they called them low-skill players), was significantly reduced by preventive education.

If you would like more information about proper training techniques or conditioning programs, give us a call.

DOWNLOAD OF THE MONTH - EXERCISES TO IMPROVE JUMPING AND POWER

Basic conditioning exercises to improve your jump, strength, and power from the Santa Monica Ortho and Sports Med Foundation. Please consult your physical therapist or physician before trying this or any other exercise program.

Click here to get this program

<http://www.ptclinic.com/downloads/2-2.pdf>

Click On or Type the URL above into your browser address bar



Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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Aquatic Therapy**
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"...conditioning helped lower the risk of soccer injury"