

WHAT WE ARE DOING TO PREVENT INJURY IN A J2LEAGUE FOOTBALL TEAM

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Introduction

Our team belongs to the 2nd Division of the Japanese professional football league. Players vary from 17 to 37 years old, most of them are suffering from chronic or post injuries (operations). For that our job is mostly spotted on preventing the second time injury, or not to worsen their chronic injuries.

Methods

We researched on what kind of injuries professional footballers suffer from. On the other hand we researched on what kind of injuries players suffered from in our team.

Results & Discussion

In the 2010 season, our team had no muscle strains which is a very common chronic injury in top level football players.

The reason for this, we thought that training grounds, our club house facilities, communication between the staff, training programme played an important role.

Conclusion

It is difficult to prevent injuries in professional players who already suffer from chronic or post injuries, though taking care in certain points we were able to hold the damage to minimum.