

Medway Youth Soccer Injury Prevention and Player Safety



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PHYSICAL THERAPY



Medway Youth Soccer

Background Information

- Youth soccer athletes are at high risk for injuries compared to other athletes
- Common injuries are ACL tears, hamstring strains, and ankle sprains
- Our understanding of concussions have evolved recently and it is important for coaches, parents and athletes to identify potential symptoms of concussions

Risk Factors For Injury

- Females are at a higher risk for injury (5:1 Female to male injury rate)
- Weakness in hips and core muscles predispose players to injuries
- Younger athletes are at a higher risk for injury (age 7-14) compared to more physically mature athletes

What Can We Do About This?

- Injuries in sports cannot be totally avoided, but can be significantly reduced
- Teams and athletes that perform proper warm ups and strengthening program during in-season and off-seasons are less likely to get injured
- FIFA11+ program is very effective at reducing risk of youth athlete injury



FIFA 11+ Program

FIFA11+ is for athletes 14 years and older
FIFA11+ For Kids is meant for athletes 13 years and younger

[Click below to learn more about each program](#)

[FIFA11+ > 14 years](#)

[FIFA11+ For Kids](#)

Youth athletes have demonstrated 30-50% reduction of injury rates when consistently completing the FIFA11+ throughout the season

If you are a coach or parent interested in learning more about implementing the program please contact Connections Physical Therapy:

Medway@ConnectionsPT.com

Concussion Education

- 30% of concussions occur while heading or attempting to head the ball
- Other than loss of consciousness and other uncommon symptoms there is no objective way to identify a concussion
- Symptoms vary widely in youth athletes and it is vital to ask the athlete questions regarding symptoms versus waiting for them to demonstrate symptoms

Common Symptoms of a Concussion

Headache

Nausea

Visual Changes

Dizziness

Irritability

Ringing in Ears

Sensitivity to light and screens

If a concussion is even suspected, it is important to contact the pediatrician and league representative

Information provided by Connections Physical Therapy of Medway please contact our clinic in Medway for further information:



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