

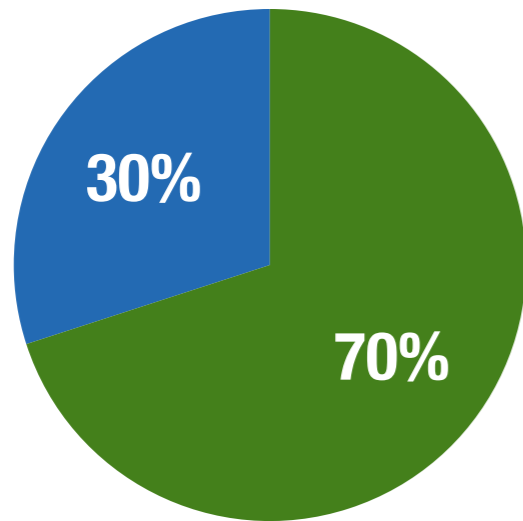
# **Reducing your injury risk while playing Gaelic Games:**

## **What you need to know**

# Is There A Process We Can Follow to Reduce Injury Risk?



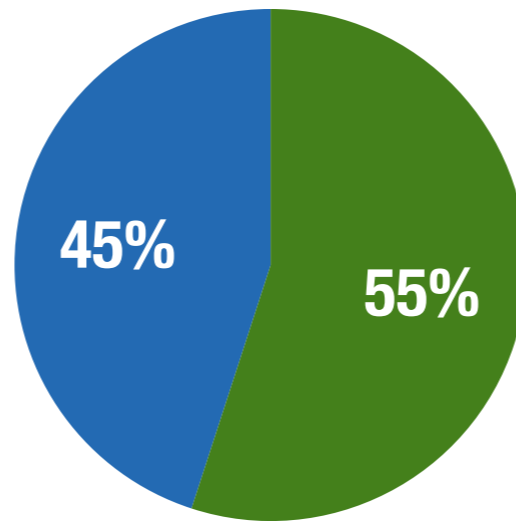
### What Proportion of Players Sustain Injury Each Season?



- 1+ Time-Loss Injury
- No Time-Loss Injury

**Average Absence from Sport Will Be 26 Days**

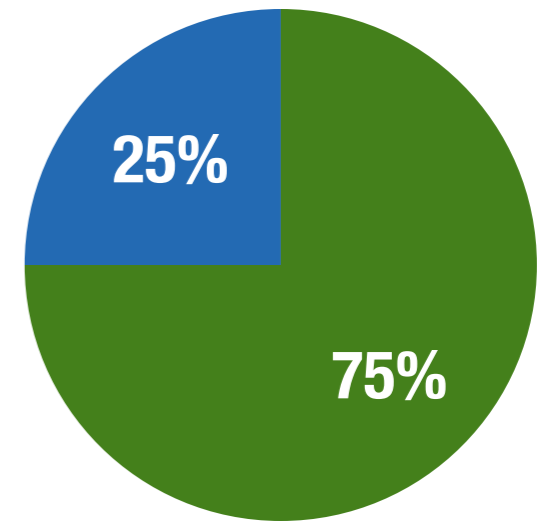
### What Activities Will Most Injuries Occur In?



- Match-Play
- Training

**Injuries Will Occur 19-Times More Often in Match-Play Than in Training**

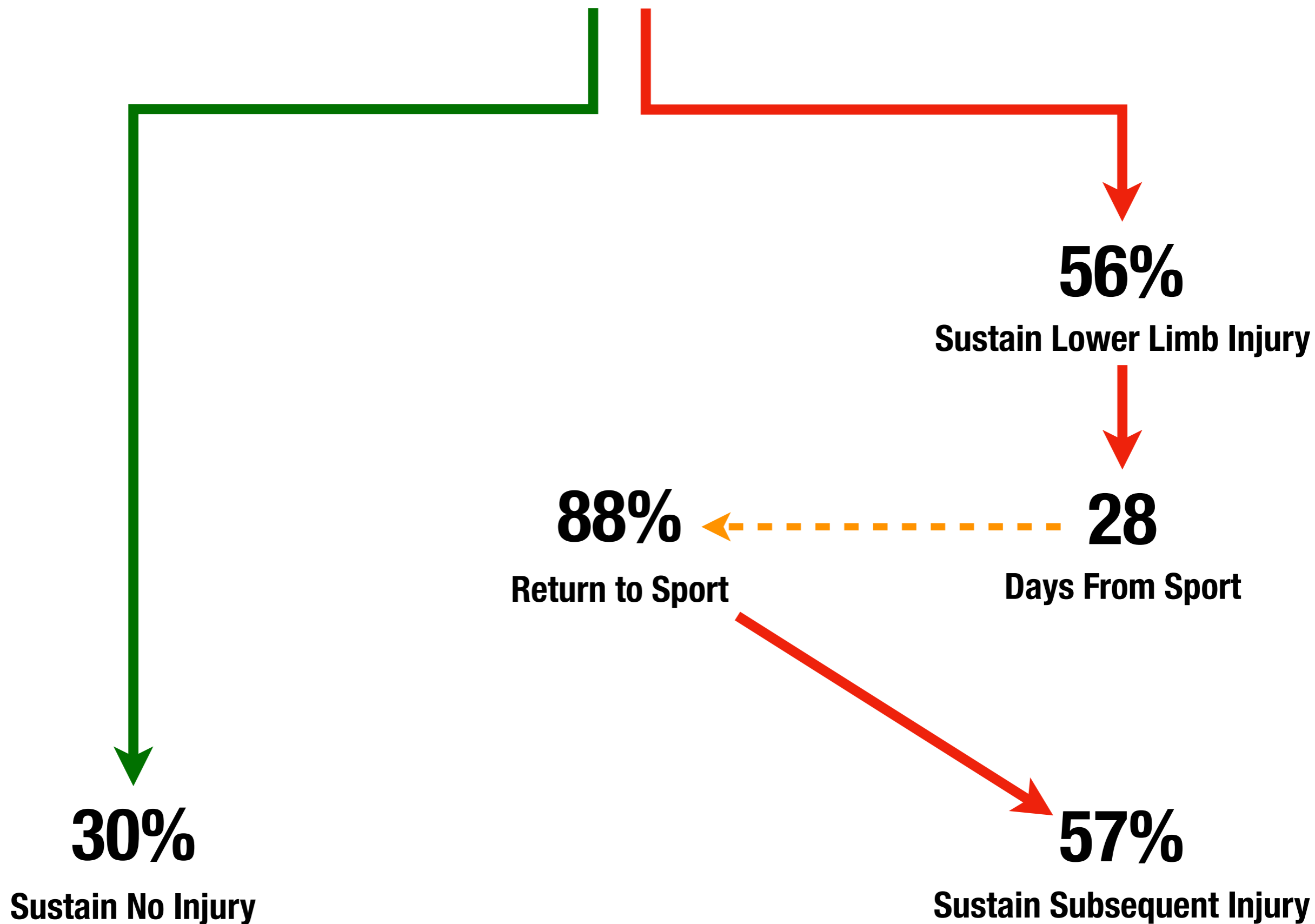
### What Proportion of Injuries Are Non-Contact Related?



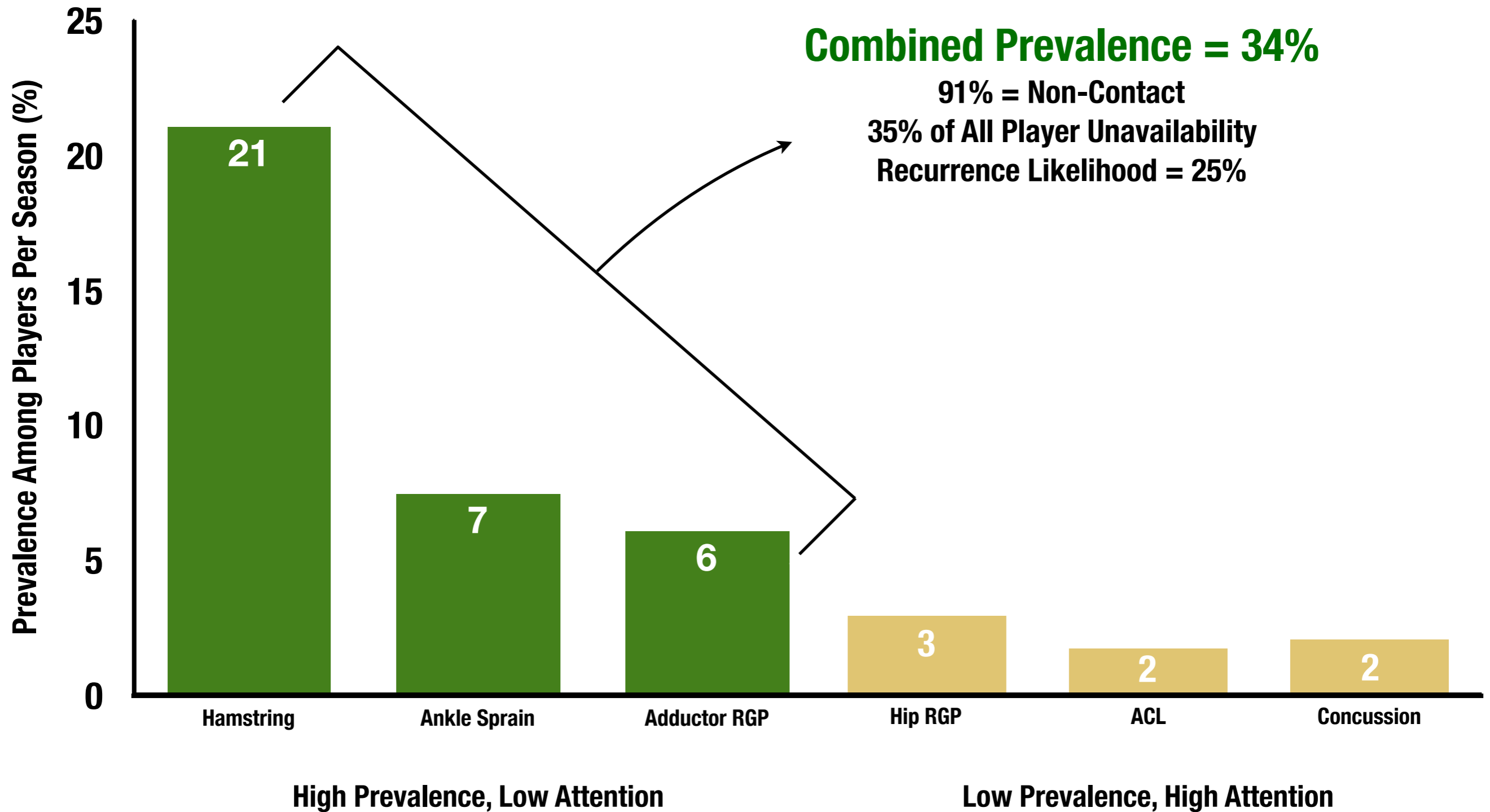
- Non-Contact
- Contact

**1 in 4 Injuries Will Occur While Sprinting**

# The Pathway to Sustaining a Lower Limb Injury in Intercounty Gaelic Football



# Some Injuries Rarely Happen But Get All the Attention: What Injury Are You More Likely to Sustain This Season?

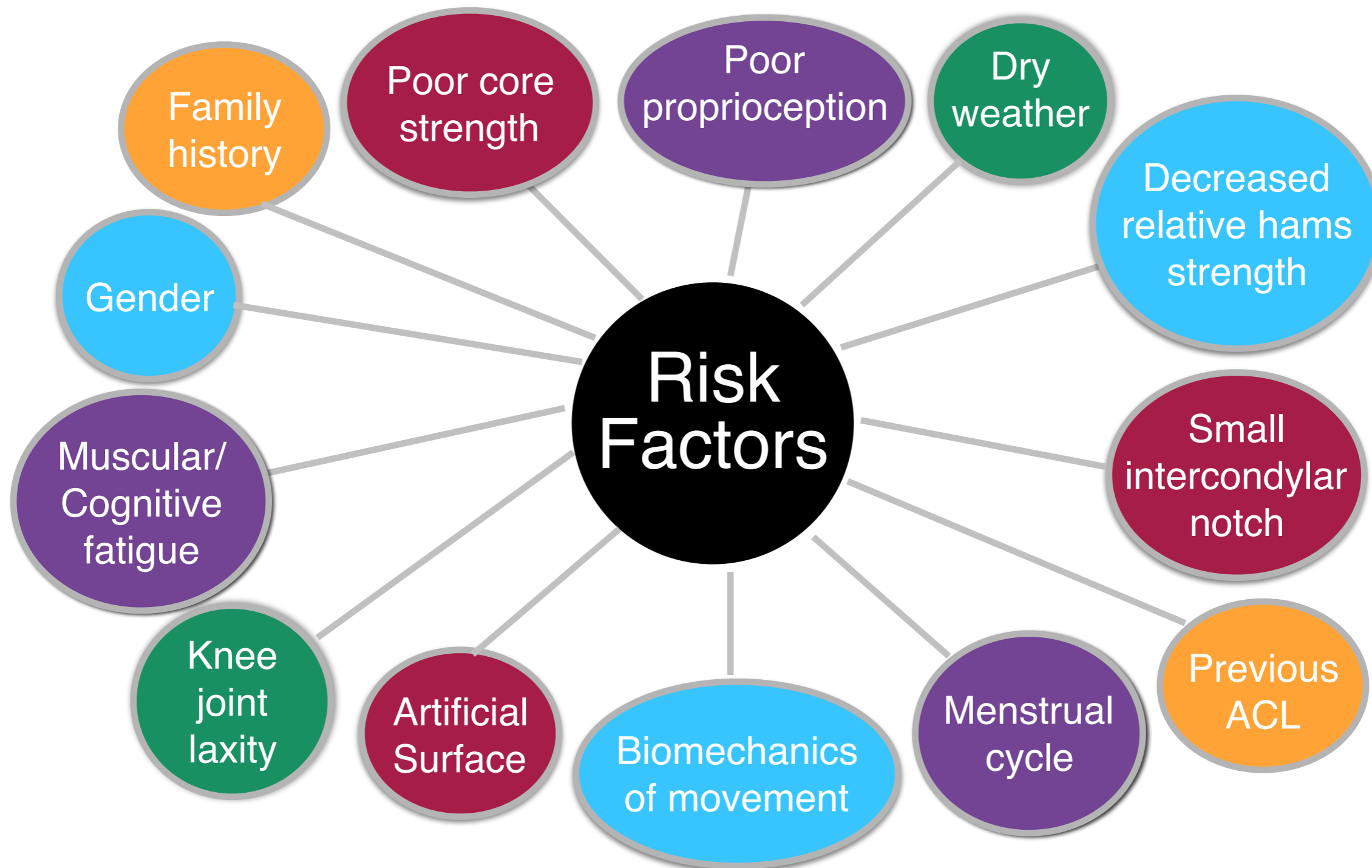




# Sports Injuries are **MULTIFACTORIAL** in nature

Meeuwisse 1994

**@EdweniaOMalley**  
**#PreparePerformRecover**



# Modifiable Risk Factors for ACL Injury?

HC Smith et al. Sports Health 2012



# SPRINTING

High level **TURNING** muscular control and proprioception

# JUMPING

Deficits = increased **LANDING** injury risk

# CONTACT

Zazulak et al. 2007



# PROGRAMMES THAT REDUCE INJURY RISK

**Target**  
**Neuromuscular control:**

Gluteal activation

Balance

Lunge

Squats

Jump/Land

Plyometric

Agility

<20mins

@Edv  
#Prepare



The Santa Monica Sports Medicine Research Foundation  
*The PEP Program: Prevent injury and Enhance Performance*



Knäkontroll

SISU Idrottsböcker AB - October 6, 2014  
Sports

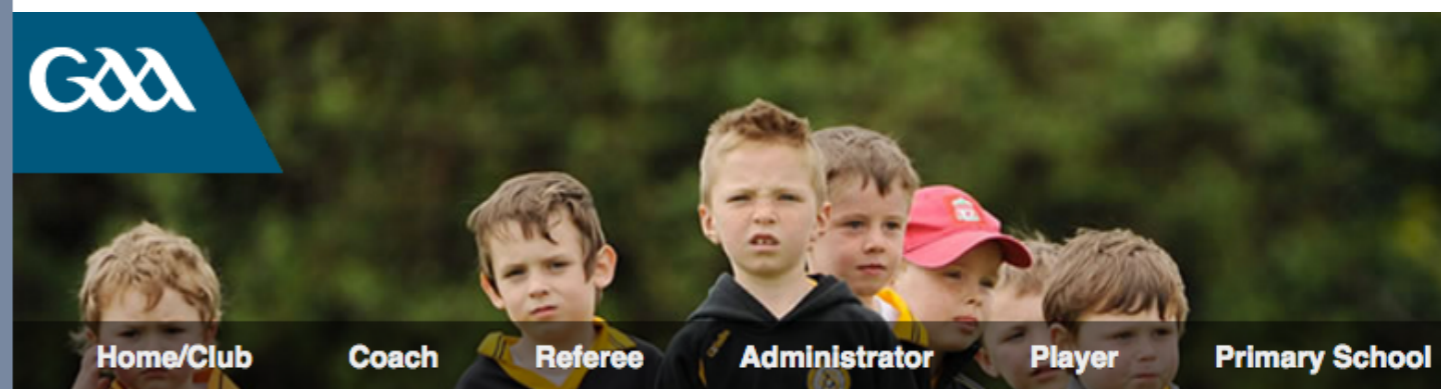
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★★★★☆ (109)

+1 +48 Recommend this on Google

## FIFA 11+



GAA 15: Injury Prevention Programme/Warm Up



**activate**  
GAA warm-up





**15 MINS**

**2/WEEK X 8  
WEEKS**

**IMPROVED  
RISK  
FACTORS FOR  
INJURY**

**the  
Journal of Strength and Conditioning Research™**  
THE OFFICIAL RESEARCH JOURNAL OF THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

The effects of the GAA 15 training program on neuromuscular outcomes in Gaelic football and hurling players; a randomized cluster trial.

O'Malley, Edwenia PhD; Murphy, John C. MISCPC; McCarthy Persson, Ulrik PhD; Gissane, Conor PhD; Blake, Catherine PhD



**A. Running**

Jog, Hip out, Hip in, Heel flicks



**B. Strengthening**

Bridging, Forward lunge with gluteal activation, Squats, Core Drill



**C. Sports Specific Balance**

Single leg lunge



**D. Jumps**

Counter Movement Jumps, Lateral Jumps to single leg land, Box Jumps



**E. Hamstrings**

Eccentric hamstring exercises



**F. Agility/Power**

Plyometric bounds, Plant and cut drill

**@EdweniaOMalley  
#PreparePerformRecover**

**Decrease Time Lost  
Through Injury**

**Reduce Medical  
Costs**

**Reduce Impact on  
Day to Day Life**

**More Players To  
Choose From**

**Increase  
Productivity and  
Efficiency on the  
Pitch**



<http://learning.gaa.ie/GAA15>



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What would stop ***YOU*** from  
using this programme?



# IMPLEMENTATION BARRIERS?

Coach Education  
Time Available in Training Sessions  
Player Compliance  
Player Boredom  
Not Games Based  
Doesn't Increase Performance



**Medical Scientific and Player Welfare Committee**



**Dr. Catherine Blake, Dr. Ulrik McCarthy-Persson,  
John Murphy, Mark Roe, UCD GAA Club**

**ACKNOWLEDGEMENTS**



**THANK YOU FOR YOUR KIND ATTENTION**