



SPORTS SURGERY CLINIC
*Specialists in Joint Replacement, Spinal Surgery,
Orthopaedics and Sport Injuries*



INJURY PREVENTION IN GAELIC GAMES

LADIES GAA INJURY PREVENTION WARM UP

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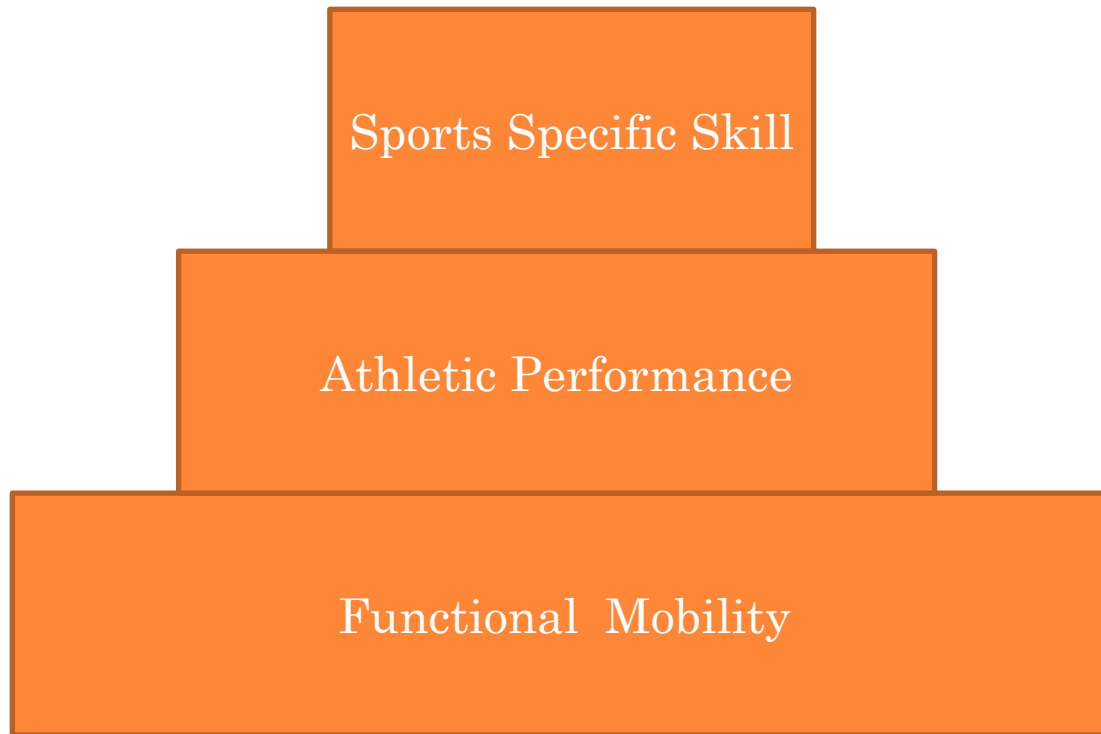
WHY INJURY PREVENTION?

- Effects everyone
- Player – time lost from playing, difficulty in finding form, long term consequences
- Manager – reduced playing pool and reduced player development
- Club/Committee – medical expenses and loss of players in whom investment has already been made



INJURY PREVENTION AND ATHLETIC PERFORMAMNCE

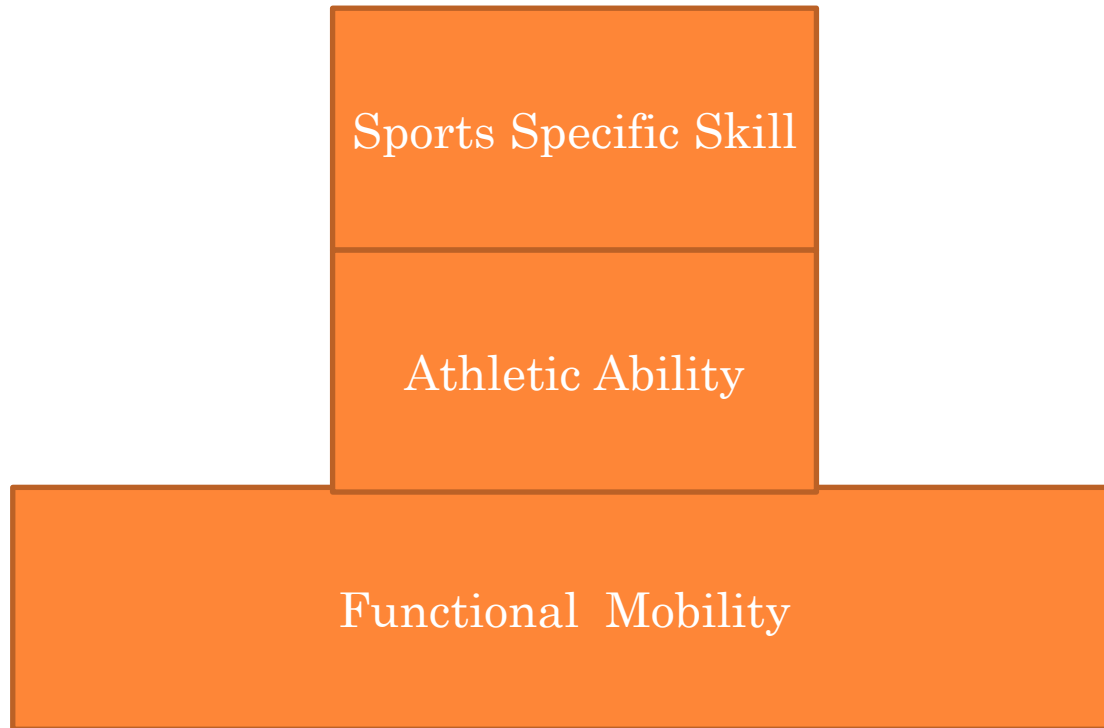
Optimal Performance Pyramid - Gray Cook



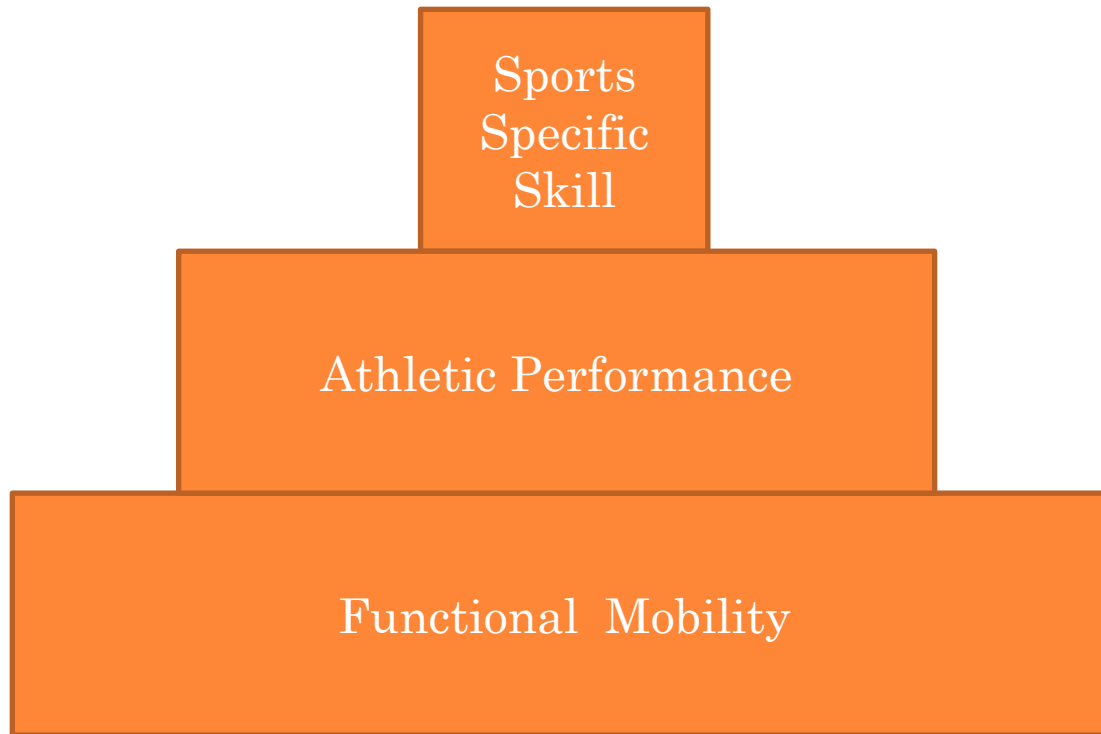
OVER POWERED ATHLETE



UNDER POWERED ATHLETE



UNDER SKILLED ATHLETE



MAXIMISE ATHLETIC PERFORMANCE

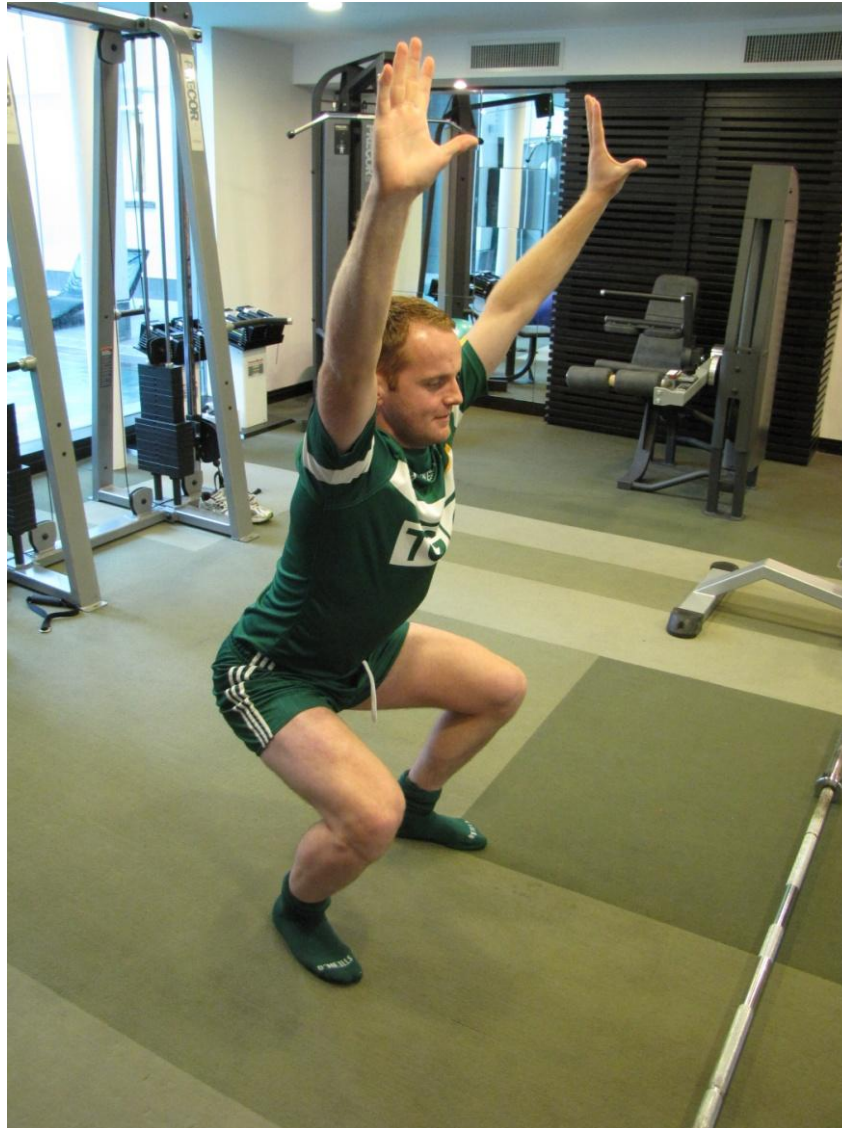


FUNCTIONAL MOBILITY

- Overhead Squat
- Active Straight Leg Raise
- To reduce incidence of most common/serious injuries
 - Hamstring Tears
 - ACL Tears



OVERHEAD SQUAT



ACTIVE STRAIGHT LEG RAISE



GAA/SSC PLAYER PROFILING PROGRAM

- 660+ players from a club from every county in the country
- 3 lowest scores
 - Active Straight Leg Raise
 - Trunk Stability Press Up
 - Overhead Squat
- Hamstring
- Knee
- Groin



INTERVENTION PROGRAM

- Education
 - Players
 - Coaches
 - Parents
- Group Intervention
 - Warm Up/Cool Down
 - Specific Drills
- Independant Intervention
 - Stretching
 - Corrective Exercises



WHAT CAN WE DO?

SSC/LGFA ACL INJURY PREVENTION
PROGRAMME



INJURY PREVENTION WARM-UP

- Appropriate warm ups can reduced injury rates and improve performance
 - Pasanen et al BMJ
 - Mandelbaum et al AJSM
- Components of Warm Up
 - Jogging
 - Strength
 - Plyometrics
 - Agility
 - Stretching



WARM UP – JOGGING/LIGHT RUNNING

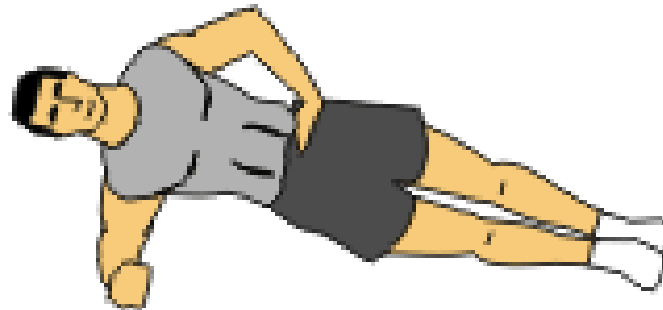
- Important to prepare the body for exercise
- Increases body temperature and muscle plasticity
- Awakens the neuromuscular system
- Can form part of simple ball drills



STRENGTH

- Lower body and core strength vital for improved performance and injury prevention
- Improvements need to be maintained throughout the season

- Calf
- Quad
- Hamstrings
- Gluteals
- Abdominals



PLYOMETRICS

- Jumping and Landing
- Essential Component of Performance
- Treat it as a skill
- Poor landing technique is a risk factor for injury



COMMITMENT



COMMITMENT



AGILITY

- Another skill to practice
- Component of elite performance
- Poor technique risk factor for injury



STRETCHING

- Should form part of every training session
- Dynamic vs Static Stretching?
- Important for injury prevention and recovery



SUMMARY

- Every player is different
- Ability to move efficiently is essential of optimum performance
- Appropriate warm up will improve performance and reduce injury rates
- Each component of the warm up is important



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