

AV TARGET TALENT PROGRAM 2017 INJURY PREVENTION AND MANAGEMENT

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INJURY MINIMISATION STRATEGIES

i Injury prevention is a key contributor to success. You are 7x more likely to achieve your goal if you complete >80% set training at a 'Full Training' level as opposed to 'Modified Training' in the 6 months leading up to the main competition (Approx. 5 weeks). (Raysmith & Drew, 2016)

- Communication between Athlete, Coach, and Support Staff
- Load Management
 - Avoid Peaks and Troughs
 - Care following reduced training periods (injuries, and holidays eg. Following Christmas, and Nationals)
 - Long Term Planning
- Biomechanical / Technique Correction
- Event Specific Strength Programs
- Recovery
 - Sleep (8+ hours per night)
 - Mental Relaxation (Music, Movies, Reading, Socialising, Meditation)
 - Nutrition

Stretching and Self Massage

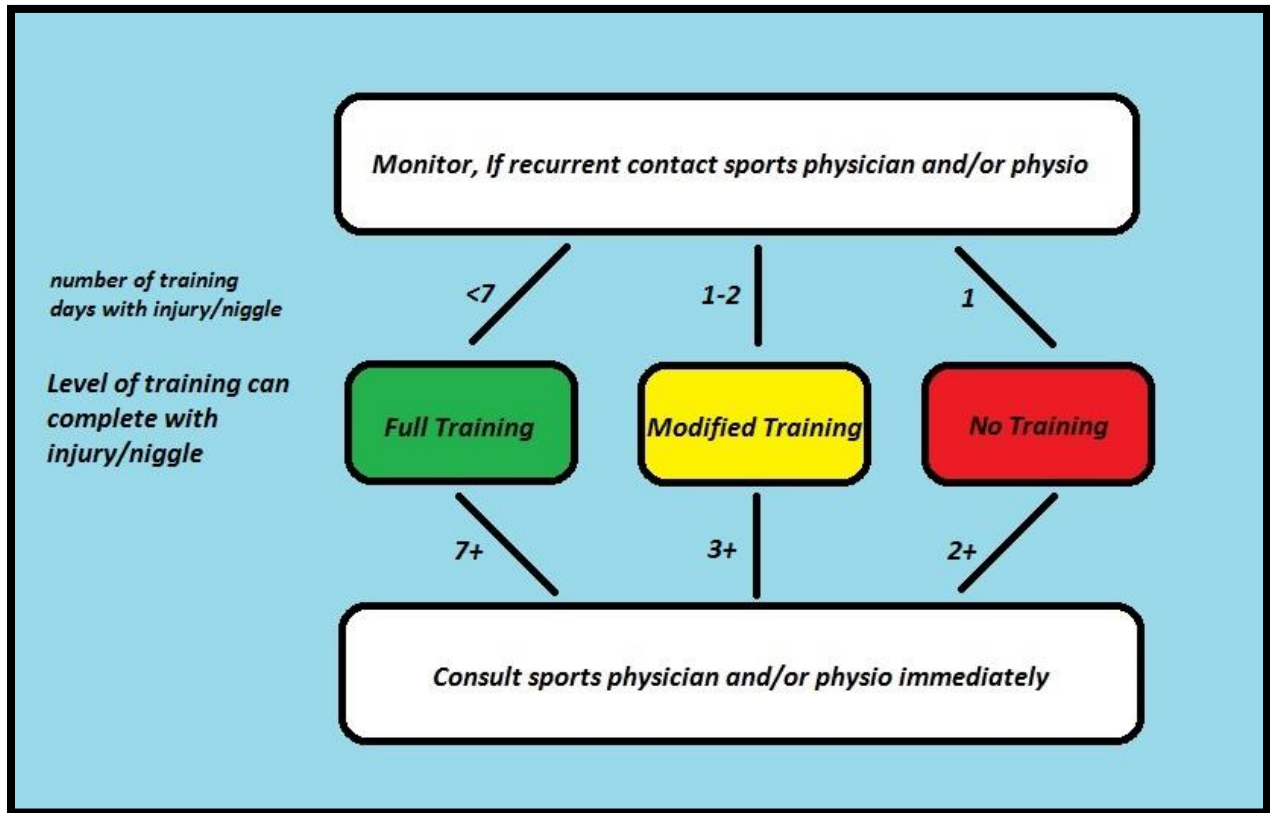
i Must be event and individual specific and done with purpose – ie: what are you trying to achieve? Should not be your main or only form of injury prevention or management. Utilising the previous strategies will reduce the role and reliance on stretching and self-massage. Over-stretching can cause injuries and reduce short term performance

Target Areas:

Sprints/Hurdles/Jumps	Distance/Walks	Throws	Multis
Thoracic Spine (ext & rot) Hip Flexors Lateral Glutes Hamstrings Calves	Thoracic Spine (ext & rot) Hip Flexors Lateral Glutes Hamstrings (predom. walks. Care not to over stretch) Calves	Shoulders (Pecs, Lats) Thoracic Spine (ext & rot) Hip Flexors Glutes	All regions

*Dosage: Lengthening - 1min+ holds; Warming Up/ Restoring Mobility - 10sec max holds / dynamic / self-massage

INJURY MANAGEMENT



*Communication is pivotal for early management. Coaches and Support Team need to be made aware asap.

i The Athletics Australia webpage has a list of athletics specific sports physicians, physiotherapists, dieticians, psychologists, and P&O's. Just look under High Performance -> Medical

Support Team

