

# Infographic: Effects of specific injury prevention programmes in football

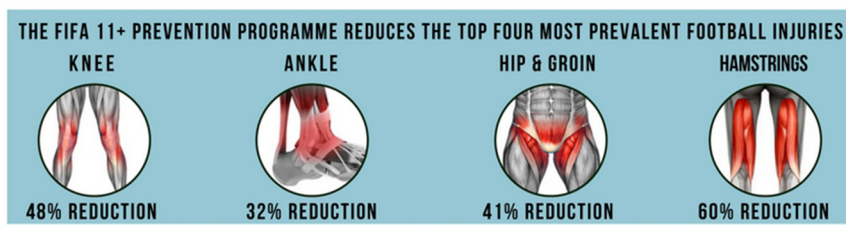
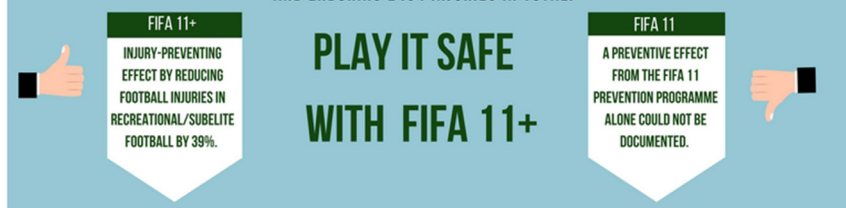
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## EFFECTS OF SPECIFIC INJURY PREVENTION PROGRAMMES IN FOOTBALL

Effect of specific exercise-based football injury prevention programmes by Thorborg et al. BJSM



SYSTEMATIC REVIEW AND META-ANALYSIS INCLUDING 6 RANDOMISED CONTROLLED TRIALS COMPARING THE FIFA INJURY PREVENTION PROGRAMMES WITH A CONTROL (NO OR SHAM INTERVENTION) POOLING 6574 INDIVIDUALS PLAYING FOOTBALL AT THE RECREATIONAL/SUBELITE LEVEL, EXPOSED TO 510,055 HOURS OF FOOTBALL ACTIVITY AND ENDURING 2454 INJURIES IN TOTAL.



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**Correction notice** This paper has been amended since it was published Online First. Due to a production error the first and last author names were duplicated.

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