

Infographic: Effects of specific injury prevention programmes in football

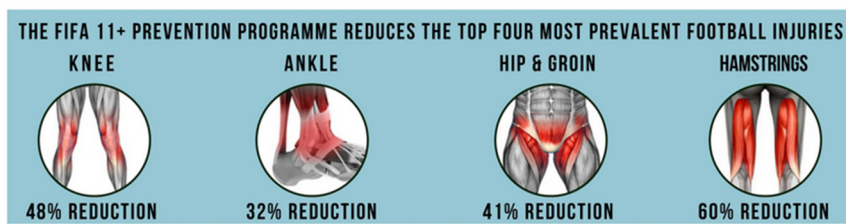
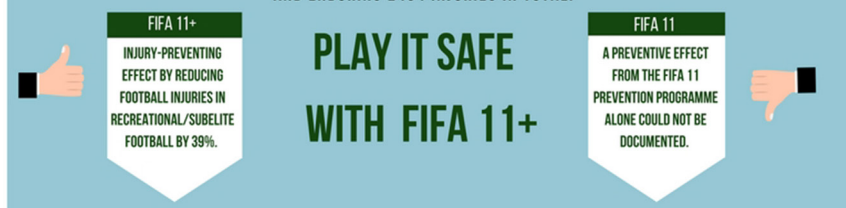
Kristian Thorborg,¹ Kasper Kühn Krommes,¹ Ernest Esteve,² Mikkel Bek Clausen,³ Else Marie Bartels,⁴ Michael Skovdal Rathleff^{5,6,7}

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.



¹Sports Orthopaedic Research Center–Copenhagen (SORC-C), Arthroscopic Center, Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre Hospital, Hvidovre, Copenhagen, Denmark

²Sportclínic, Physiotherapy and Sports Training Center, Girona, Gironés, Spain

³Bachelor's Degree Programme in Physiotherapy, Department of Physiotherapy and Occupational Therapy, Faculty of Health and Technology, Metropolitan University College, Copenhagen, Denmark

⁴The Parker Institute, Copenhagen University Hospital, Bispebjerg and Frederiksberg, Denmark

⁵Research Unit for General Practice in Aalborg, Department of Clinical Medicine, Aalborg University, Aalborg, Denmark

⁶Department of Health Science and Technology, Center for Sensory-Motor Interaction, Aalborg University, Aalborg, Denmark

⁷Department of Occupational Therapy and Physiotherapy, Aalborg University Hospital, Aalborg, Denmark

Correspondence to Dr Kristian Thorborg, Sports Orthopaedic Research Center–Copenhagen (SORC-C), Arthroscopic Center, Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre Hospital, Hvidovre, Copenhagen, Denmark; kristianthorborg@hotmail.com

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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