

Infographic: Effects of specific injury prevention programmes in football

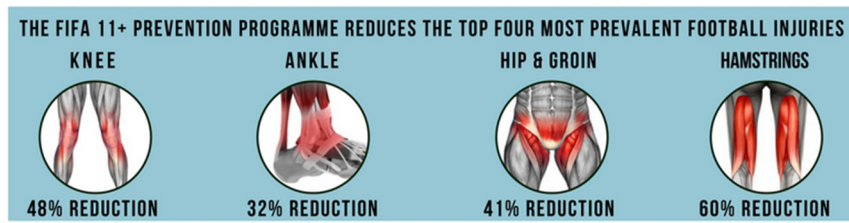
Kristian Thorborg,¹ Kasper Kühn Krommes,¹ Ernest Esteve,² Mikkel Bek Clausen,³ Else Marie Bartels,⁴ Michael Skovdal Rathleff^{5,6,7}

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

²Sportclinic, 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.

Competing interests None declared.

Provenance and peer review Not commissioned; internally peer reviewed.

© Article author(s) (or their employer(s) unless otherwise stated in the text of the article) 2017. All rights reserved. No commercial use is permitted unless otherwise expressly granted.



To cite Thorborg K, Krommes KK, Esteve E, et al. *Br J Sports Med* 2017;**51**:1493.

Published Online First 24 August 2017

Br J Sports Med 2017;**51**:1493.

doi:10.1136/bjsports-2017-098305