

417 LOW BACK PAIN IN BREAKERS/HIP-HOP DANCERS IN CYPRUS

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Background Breakers/Hip-hop dancers perform some of the most physically demanding dance genres. Research supports that these dances' biomechanical forces and extreme range of motion exceed most athletes, which leads to injuries.

Objective To evaluate chronic low back pain (LBP), in relation to an injury definition: 'to have low back injury which completely stopped the dancer from taking part in dance activity for 24+ hours, in 2+ incidents in the last 3 months' (Brooks, 2005).

Design A non-experimental, descriptive study investigating the retrospective self-report injury epidemiology of breakers/hip-hop dancers in relation to LBP.

Setting The study took place initially in a dance studio (N=5), and partially via videocall (N=58) due to 2020 lockdown. The participants were Cypriot dancers of hip-hop and/or breaking, who danced professionally or recreationally, competing nationally or internationally in battles.

Participants The selection procedure took place via an online open call. Entry criteria consisted of being 18–45 years old, male or female dancers/teachers of hip-hop and/or breaking for 1+ years 3+ hours/week. 63 local dancers entered and finished the study (LBP N=7, No LBP N=56).

Assessment Data was collected by a physiotherapist who is a hip-hop dance scientist, via interview, questionnaires and Beighton score.

Main Outcome Measurements Beighton General Joint hypermobility Score, Oswestry Disability Index, Tampa Scale of Kinesiophobia, Visual Analogue Scale.

Results 84.1% of dancers were injured during data collection, 95% of which were women. 84.1% had some type of injury in the thoracic or low back area, 90.3% of which were breakers. 52.3% had positive Beighton score, and were all injured during data collection.

Conclusions This is the first ever study on low back pain injury epidemiology on hip-hop/breakers, and the LBP definition used may not have been appropriate for this group of dancers.

418 THE COPENHAGEN ADDUCTION EXERCISE: AWARENESS, IMPLEMENTATION AND OPINION OF WORLDWIDE PROFESSIONAL AND SEMI-PROFESSIONAL SOCCER PLAYERS AND COACHES

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Background Groin injuries are frequent injury commonly seen in any sport contain sudden changes in direction, rapid acceleration and deceleration, and kicking which are all available

in soccer. The Copenhagen adduction exercise increases the eccentric hip adduction strength leads to reduce the incident of groin injury.

Objective To assess the professional and semi-professional soccer players and coaches' awareness, implementation, and opinion of the Copenhagen adduction exercise.

Design A cross-sectional study.

Setting An online survey for all continental football federations.

Patients (or Participants) A total of 1621 male and female professional and semi-professional soccer players and coaches completed the survey.

Interventions (or Assessment of Risk Factors) The questionnaire consisted of questions covering the awareness, implementation, and professional and semi-professional soccer players and coaches' opinion of the Copenhagen adduction exercise.

Main Outcome Measurements The primary outcomes were awareness level, implementation rate, and opinion of the effectiveness of the Copenhagen adduction exercise in reducing groin injury.

Results A total of 584 (36%) of professional and semi-professional soccer players and coaches were aware of the Copenhagen adduction exercise, 487 (30%) were implementing the Copenhagen adduction exercise in their current practice. Participants who implemented the Copenhagen adduction exercise reported a positive perception about the program efficacy, with a score of 8 ± 1.10 out of 10.

Conclusions Further work needs to be done to educate soccer players and coaches about the importance of implementing the Copenhagen adduction exercise and its effectiveness in reducing groin injury to enhance the Copenhagen adduction exercise' implementation.

419 THE FÉDÉRATION INTERNATIONALE DE FOOTBALL ASSOCIATION (FIFA) 11+ INJURY PREVENTION PROGRAM: AWARENESS, IMPLEMENTATION AND OPINION OF WORLDWIDE PROFESSIONAL AND SEMI-PROFESSIONAL SOCCER PLAYERS AND COACHES

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Background The Fédération International de Football Association (FIFA) has promoted and deployed the FIFA 11+ injury prevention program worldwide. Developed and studied by the FIFA Medical Assessment and Research Centre (F-MARC), the program relied on international randomized controlled trial which significantly reduced injuries and healthcare costs.

Objective To assess the awareness level, implementation rate, and opinion of the FIFA 11+ injury prevention program among worldwide professional and semi-professional soccer players and coaches.

Design A cross-sectional study.