

Patient Name: _____



IMG PHYSICAL THERAPY

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Common Soccer Injuries: A Preventative Approach

WHAT ARE COMMON SITES FOR SOCCER INJURIES?

SITE	FEMALE STATISTICS	MALE STATISTICS	POSSIBLE CAUSES
THIGH	16% of injuries	17% of injuries	-Previous injury -Muscular strength imbalance -Decreased muscle flexibility -Postural malalignment -Balance deficits -Decreased core stability
KNEE	24% of injuries	15% of injuries	
ANKLE	21% of injuries	20% of injuries	

WHAT CAN I DO PRIOR TO TRAINING/COMPETITION TO DECREASE MY RISK OF INJURY?

FIFA 11+ is a 20 minute complete warm up program designed to help reduce injuries among soccer players ages 14 and older. This program consists of 3 separate phases that include core training, neuromuscular control, balance training, plyometrics, and agility. Studies show that teams that perform this program at least twice per week report 30-50% less injuries among their athletes. A detailed manual can be found here:

<http://f-marc.com/11plus/manual/>.

WHAT CAN I DO ON MY OWN TO HELP DECREASE MY RISK OF INJURY?

PLYOMETRICS and BALANCE TRAINING

1

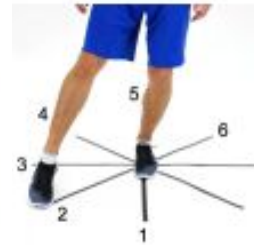


Dynamic Warm Up: Hip Flexion

In standing, bring your knee towards your chest and pull with your arms. Walk forward and repeat on other side. You should feel a stretch in your glutes.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

2



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side.

Repeat 5 Times
Hold 1 Second
Complete 2 Sets
Perform 4 Time(s) a Week

3



JUMP SQUATS

Start down in the squatting position as if you were sitting back in a chair. Make sure your knees are behind your toes and your knees are not collapsing towards each other. From this position, use your arms for momentum and jump straight up. When landing, make sure to land softly back into the correct squatting position described above.

Repeat 10 Times
Hold 0 Seconds
Complete 2 Sets
Perform 4 Time(s) a Week

4



TAPE JUMPS - FULL CYCLE

Jump with both feet over the tape in a forward direction, then jump to the side, then back and then to the original position. Be sure to land with your knees behind your toes while continuing to focus on preventing your knee from collapsing.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

STRETCHING

1



HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

2



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

3



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg (using your arms) until a stretch is felt in the back of your thigh.

Keep your knee in as straight as possible during the stretch.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

4



IT BAND STRETCH

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

5



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Perform this stretch with your knee straight and your knee slightly bent to stretch both muscles in the calf.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

STRENGTH TRAINING

1



Walking Lunge

Keep arms at your sides and step forward with one leg. Drop into a lunge while focusing on keeping your knee behind your toes, then stand up and hold runners stance for one second. Then switch to lunge with the other leg. Keeps stomach muscles tight during the exercise.

Repeat 15 Times
Complete 2 Sets
Perform 1 Time(s) a Day

2



Russian Hamstring Curls

While kneeling on both knees place feet under a sturdy object. Slowly lean forward until you are unable to go further without losing control and then return to an upright position. Be sure to avoid an excessive arch in the low back.

Repeat 10 Times
Complete 1 Set
Perform 1 Time(s) a Day

3



Calf Raises

Stand on an elevated surface on the balls of your feet. Let your heels drop towards the floor and then push back up through the balls of your feet. To increase intensity perform on 1 leg (holding on to a stable surface for balance if necessary).

Repeat 15 Times
Complete 2 Sets
Perform 4 Time(s) a Week

4



Single Leg Dead Lift

Begin in sprinters position with hip and knee flexed at 90 degrees with torso upright. Lower hand to floor while raising lifted leg back behind. Keep back straight and knee of supporting leg slightly bent. Keep hip and knee of lifted leg extended throughout movement. Once stretch is felt in hamstring, return to original position by raising torso while lowering lifted leg. Straighten knee of supporting leg as torso becomes upright.

Repeat 10 Times
Complete 1 Set
Perform 4 Time(s) a Week