

TRAINING PROGRAM PROPOSED BY ViMove ASSESSMENT REDUCES INJURIES FOR U/18 PREMIER LEAGUE SOCCER TEAM

The Problem

8 players from an U/18 premier league soccer team participated in a ViMove preseason screening programme to assess areas of weakness in their knees and commence effective prehab programmes tailored specifically to each player. Of these 8 players, 7 had missed at least 10 games each in the previous session due to various types of knee injuries, with 5 requiring surgery and intensive rehabilitation programmes under the supervision of a physiotherapist.

ViMove Knee Live Assessment

Using ViMove's Knee Module, it was found that all players lacked consistent control during the Squat Tests. This was evident by the players consistently entering Varus and Valgus throughout the tests. The speed of these movements also showed dramatic changes in the player's degree of control over the testing period.

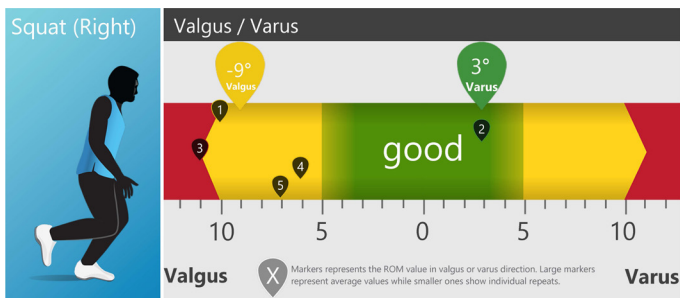
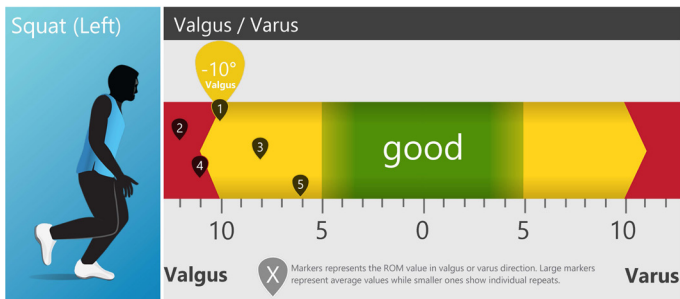
Prescribed Rehabilitation Programme

From the ViMove baseline assessment, it was suggested that the players commence a new training routine which included box drops, small hurdle hops and proprioception work to improve their degree of control during any jumping movement.

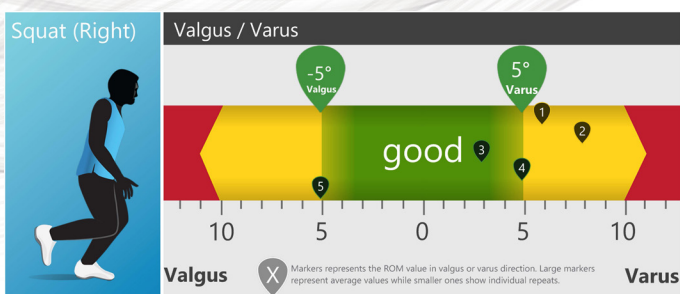
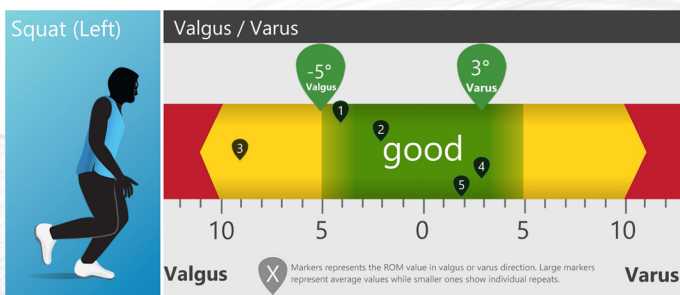
Results

At the conclusion of the season and training routine all 8 players were re-tested using ViMove.

- Consistent improvements on control across all 8 players were identified.
- No injuries were reported throughout the entire season as a result of the new training programme.
- This allowed the team to maintain their playing consistency and reach the final.



PRESEASON SQUAT RESULTS FOR SOCCER PLAYER 1



POSTSEASON SQUAT RESULTS FOR SOCCER PLAYER 1





CLINIC SOLUTIONS

To learn more visit dorsaVi.com.



INSPIRING THE WORLD TO MOVE WELL™