

TRAINING PROGRAM PROPOSED BY ViPerform USED TO ASSESS THE RISK OF INJURY IN U/18 PREMIER LEAGUE SOCCER TEAM

The Problem

8 players from an U/18 premier league soccer team participated in a ViPerform preseason screening program to assess areas of weakness in their knees and commence effective prehab programs 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 program under the supervision of a physical therapist.

ViPerform Knee Live Assessment

Using ViPerform'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.

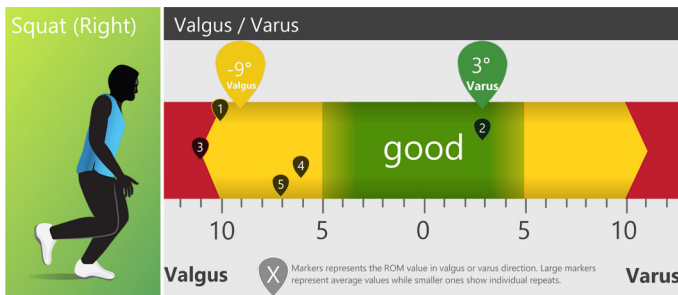
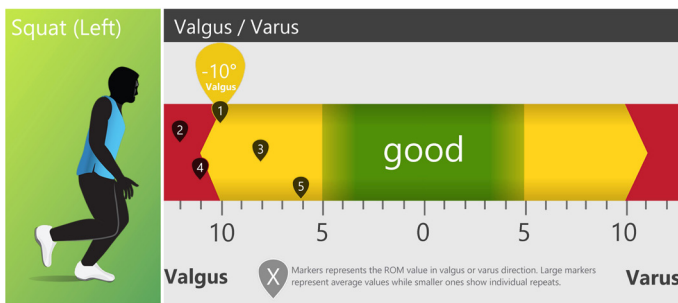
Prescribed Recovery Program

From the ViPerform 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.

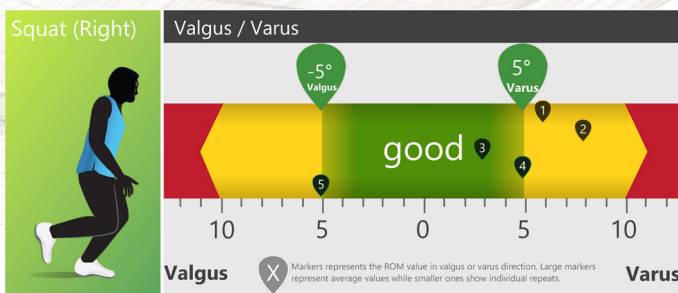
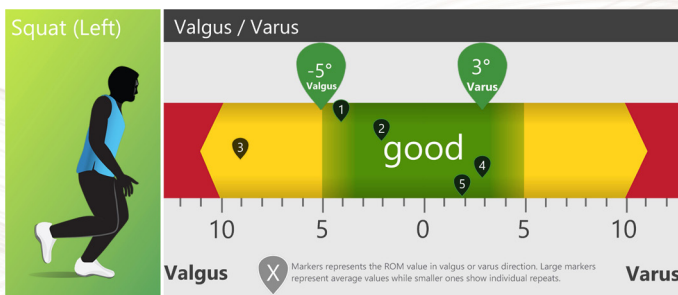
Results

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

- 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 program.
- 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



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ViPerform™

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