

08-09  
MARCH 2019

# INTERNATIONAL FOOTBALL CONGRESS



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Luxembourg Institute of Research in  
Olympic Sports Medicine and Sciences  
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## Official lecture closing

## Daniel Theisen, PhD



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**M. Waldén**  
(MD, PhD)

- Injury risk in football >1.000x higher compared to other “work groups”
- The “big 4” in football
  - Groin strains
  - Thigh strains
  - Knee sprains
  - Ankle sprains

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**P. Hölmich**  
(MD, PhD, Prof)

- Groin is a complex region
- Careful strength training for groin injuries is effective
- Prevention exercises work

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11 - 12000 - 11000



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**M. Waldén**  
(MD, PhD)

- 1/3 muscle injuries concern hamstrings
- Hamstring injuries + 2% per year
- Adductor injuries – 3% per year
- Calf injuries “forgotten”

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**R. Best**  
(MD)

- High incidence of ankle injuries (sprains)
- Contact mechanism
- Early return to sport = high failure rate
- Phase-adapted conservative treatment
- Prevention is underused

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**N. Feddermann-Demont**  
(MD)

- Concussion: most frequent brain-related injury
- Symptoms unrelated to severity of trauma
- On the pitch:
  - Emergency? → hospitalization
  - If not: SCAT5 assessment tool
  - Physician's decision must prevail
  - When in doubt take her out

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**P. Hölmich**  
(MD, PhD, Prof)

- Groin - the Bermuda triangle ?
- Anatomical misinterpretation on adductor longus and abdominals: muscles act from bone to bone
- DOHA consensus on groin injury terminology (BJSM)

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**I. Tak**  
(PhD)

- Prevention of (groin) injuries: not sexy but essential
- Rethink interventions & market them
- Time loss not enough – symptoms & performance
- Functional strength deficits prevail after injury
- Performance analyses to “sell” prevention

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**A. Gokeler**  
(PhD)

- Criterion-based rehabilitation required (video analysis)
- Overlap between rehab and return to performance: sport-specific and fun
- Movement quality, intensity & specificity
- Open skill exercises to improve neural feedforward drive and sense of anticipation/adaptation

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**R. Rößler**  
(PhD)

## FIFA 11+ kids – promising in research context

- improves motor function in young footballers
- Decreases injuries by 50%
- Dose-response relationship (2x/week)
- 50% total cost reduction

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**T. Meyer**  
(MD, PhD, Prof)

- Studies on nutrition, hydration & environmental conditions on the forefront
- Match analysis has recent strong focus
- Load monitoring & strain/recovery indicators
- Recovery methods
- Injury prediction (-) & prevention (+++)
- Head injuries & concussions

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**O. Faude**  
(PhD, Assoc. Prof)

- High match exposure (up to 49 per season), but overall moderate training exposure
- Congested football calendar, may relate to injury
- Recovery management required
- Efficacy of recovery means is small or not established (placebo)
- Nutrition & hydration are most important, sleep hygiene & cold water immersion

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**A. Urhausen**  
(MD, PhD, Prof)

- Risk of sudden death higher in referees?
- CV stress in referees (mental & physical)
- Good fitness a prerequisite
- Frequent situations of mental stress during matches & associated CV stress

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**C. Ley**  
(PhD, Prof)

- Football match outcome prediction
- Octopus Paul *versus* machine-learning approach
- Probabilistic model based on team covariables and AI → model does well, but football is complicated
- Conclusion: do NOT fire the coach 1-d before the World Cup

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**D. Theisen**  
(PhD)

- Prevention is underused
- Phase adapted rehabilitation
- Return to performance - overlap



# Workshops @Gymnase



**J. Pauls**  
(PT)



**B. Moes**  
(PT)



**O. Faude**  
(PhD, Assoc. Prof)



**R. Rößler**  
(PhD)



**A. Gokeler**  
(PhD, PT)



**A. Urhausen**  
(PT)



**N. Goedert**  
(PT)

**Injury prevention in youth  
football**

**Return to football after  
hamstring injury**

**Return to football after  
knee injury**

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