

PROFILING ATHLETE INJURY RISK  
- Decision making template

Athlete Name:	Priority	Solution / Intervention	Action By	Measurement
<b>Problem</b> • Current injury • Previous injury • Family history of injury (ligament / tendon / illness) • Current Pain • Any issue picked up from the screen: • Mobility • Stability • Neuromuscular control • Strength qualities • Power qualities • Asymetries • Fitness etc	• Low • Medium • High • 1 • 2 • 3 • 4 • 5 • Green • Yellow • Red	• Plan • Description of training objectives (*NOT EXERCISES) • BE SPECIFIC • Avoid general terms	• Who is responsible? • Athlete • Coach • S&C • Physio • Doctor • Massage therapist • Nutrition • Etc	• How will you know if athlete has improved? • How will you track progress? • What test will you use? • What is a good score?

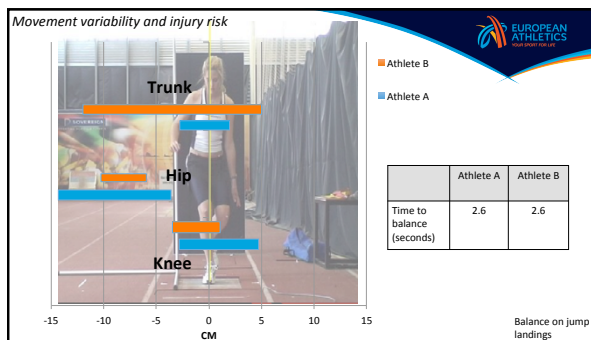
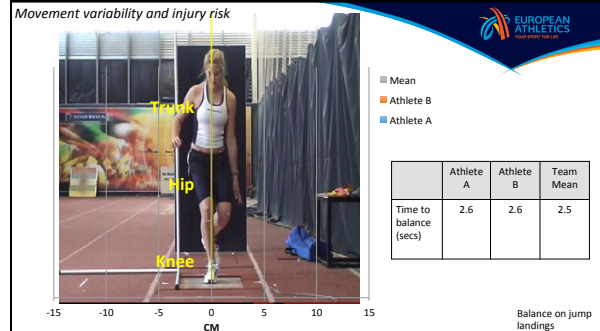
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Description of injury	Priority	Solution / Intervention	Action by	Measurement
Bi-lateral thoracic spine poor mobility	Med	• Self massage and use of heat pack at home • Physio release pre workout • Avoid overhead lifting	Athlete Physio S&C	• Tx rotation Ax >90degrees (current 45 degrees) • Self reports of tightness
Middle trap / rhomboid tightness	High	• Avoids spikes in training load • Manage habitual sitting postures and posture during travel	Coach Athlete	• Weekly mileage <30miles (current 30)
Sub-optimal lumbar stability / strength	High	• Start core strengthening programme	S&C	• Plank Ax >2.30 (current 75) • Lateral hold off bench >2.30 (current 70/80) • Leg lowers >25 (current 8)
Local strength endurance	High	• Include appropriate drills in S&C • Include specific drills before running	S&C Coach	• Trunk sway Ax prone <3cm (current 8) • Kneeling chop screen =3 (current 1)
Ability to resist rotation	High	• Include proprioception drills for lumbar spine: Ext/flex	S&C	• Physio Ax leg lowers, cat/camel • Movement screen squat / bend >3/2 (current 1/3)
Poor postural awareness	Med			

**Coach task:**

1. Identify an issue that your athlete has that starts with either their **structure, function, or capacity**
2. Explain how the issue may impact the other two factors?
3. Suggest a **solution** to correct the issue identified.
4. Suggest a way of **measuring** if the issue has improved.

## Movement variability and injury risk



### Coach task:

1. Highlight two athletes who achieve the same performance using different movement strategies.
2. Explain how each movement strategy may represent a different injury risk.
3. Suggest some specific strengthening for each athlete based on their individual movement strategy.

## Training solutions

**Training solutions**

**Problem:**

- Athlete is missing a key plyometric training session because they cannot manage consecutive training days with high tendon loads
- Need to find appropriate activity to perform

**Training objective:**

- Increase plyometric power
- Increase tendon stiffness

**Considerations:**

- Find tasks that:
  1. Reduce total session load
  2. Reduce high eccentric loads placed on the tendon during each repetition
  3. Reduce the rate that the tendon is loaded

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**THE EFFECTS OF LAND VS. AQUATIC PLYOMETRICS ON POWER, TORQUE, VELOCITY, AND MUSCLE SORENESS IN WOMEN**

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**PLYOMETRIC VS. ISOMETRIC TRAINING INFLUENCES ON TENDON PROPERTIES AND MUSCLE OUTPUT**

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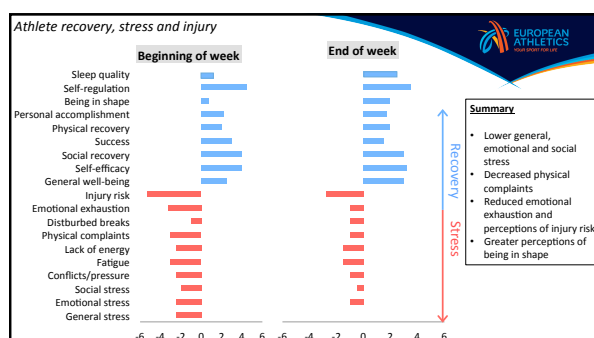
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**Research Note**

### Coach task:

1. Identify an issue that is stopping an athlete from performing a particular type of training
2. Discuss a training solution to allow training to continue without compromising the issue identified

### Athlete recovery, stress and injury



### Coach task:

1. Identify a behaviour that an athlete may have that will effect either their recovery from injury or how they approach their injury prevention.
2. Describe how you manage that behaviour

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