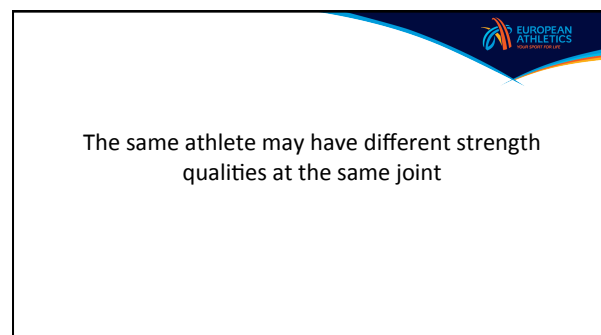
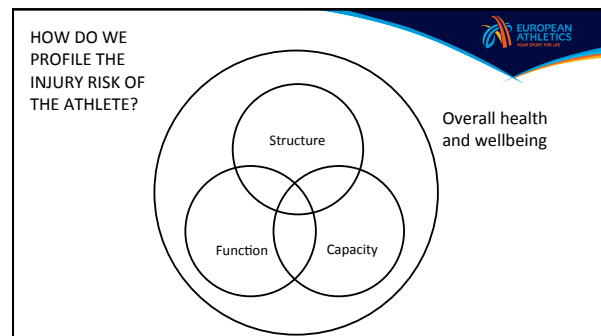
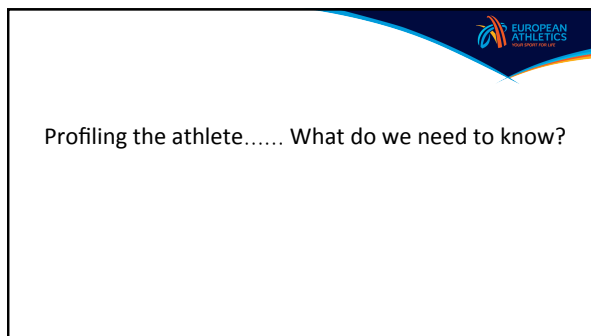
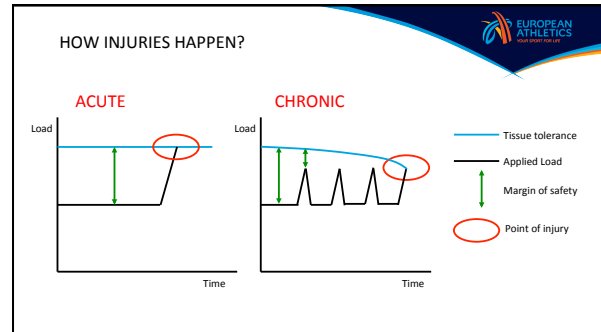
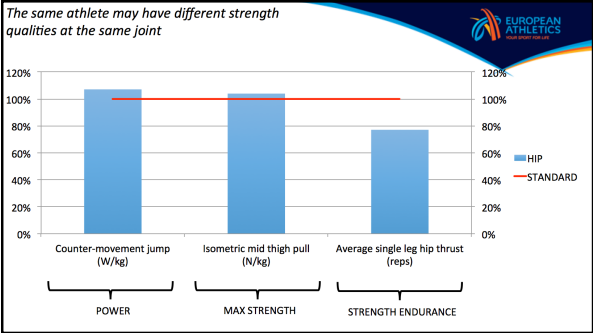
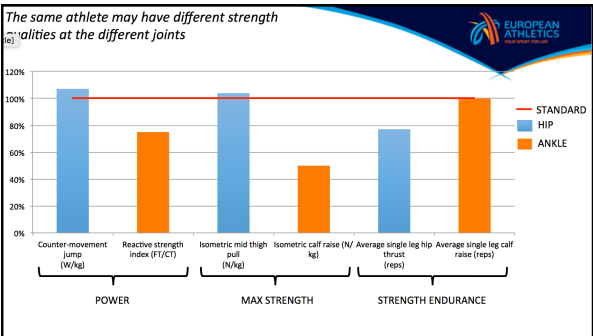


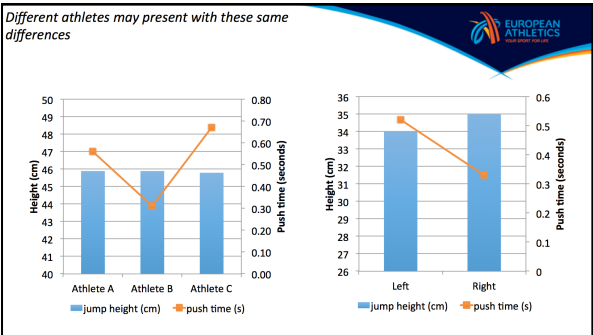
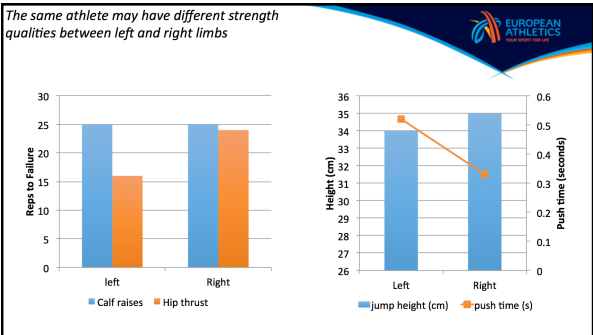




The same athlete may have different strength qualities at the different joints

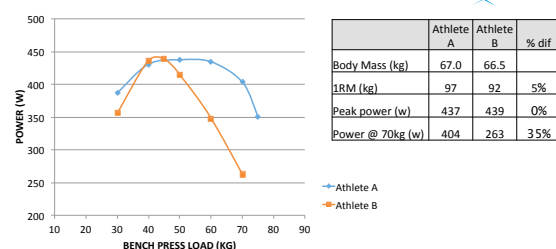


The same athlete may have different strength qualities between left and right limbs



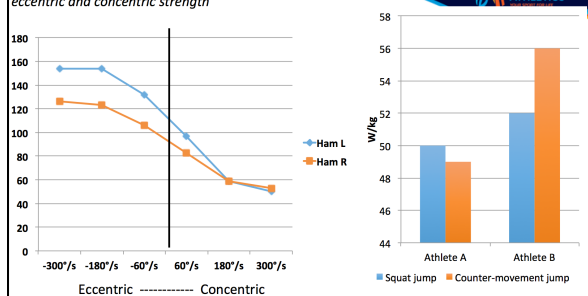
Different athletes produce power in different ways

Different athletes produce power in different ways



Athletes may have differences between eccentric and concentric strength

Athletes may have differences between eccentric and concentric strength



CAPACITY – KEY MESSAGES

- The same athlete may have differences in strength qualities at the same joint
- The same athlete may have differences in strength qualities at different joints
- The same athlete may have differences between right and left limbs (sometimes these are hard to see)
- Different athletes produce power in different ways
- The same athlete may have differences between eccentric and concentric strength

HOW DO WE
PROFILE THE
INJURY RISK OF
THE ATHLETE?

FUNCTION



Our training tasks can be categorized by the movement pattern they represent

Our training tasks can be categorized by the movement pattern they represent

SQUAT	LUNGE	PUSH	PULL	BEND	TWIST
Lower body bi-lateral (2 legs)	Lower body uni-lateral (1 leg)	Upper-body pushing	Upper-body pulling	Hinge from the hip	Rotate
					

Different athletes may have different movement competency at each pattern

Video

The same athlete may have different movement competency at different patterns

Video

Different athletes have different competency at different load levels

Video

Each movement pattern exists at a different load level

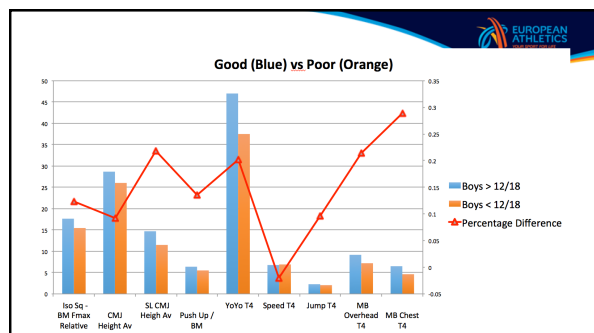
- Our training tasks can be categorized by the **LOAD LEVEL** that they represent

LOAD LEVEL:	ASSISTED	LOAD		EXPLODE	
		BODYWEIGHT	WEIGHTED	ECCENTRIC	PLYOMETRIC
SQUAT (2 LEG)	✓	X	X	X	✓
LUNGE (1 LEG)	✓	✓	✓	✓	✓
PUSH	✓	✓	✓	X	X
PULL	✓	✓	✓	✓	✓
BEND	X	X	X	X	X
TWIST	✓	✓	✓	X	X

Examples of training eccentric load level

Video

Training movement competency is not just about injury prevention



Summary:

- Injuries happen when the applied load exceeds tissue tolerance
- Each athlete will have differences that make them unique
 - Structure
 - Function
 - Capacity
 - Overall health and wellbeing
- It is important to identify the specific type of strength training each athlete requires
- The athlete should be trained within the limits of their movement competency
- GOOD INJURY PREVENTION IS GOOD DECISION MAKING!

EUROPEAN ATHLETICS
YOUR SPORT FOR LIFE

THANK YOU

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