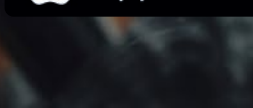


FOOTBALL PLAYER INJURY RISK REDUCTION PLAN (FIRP)



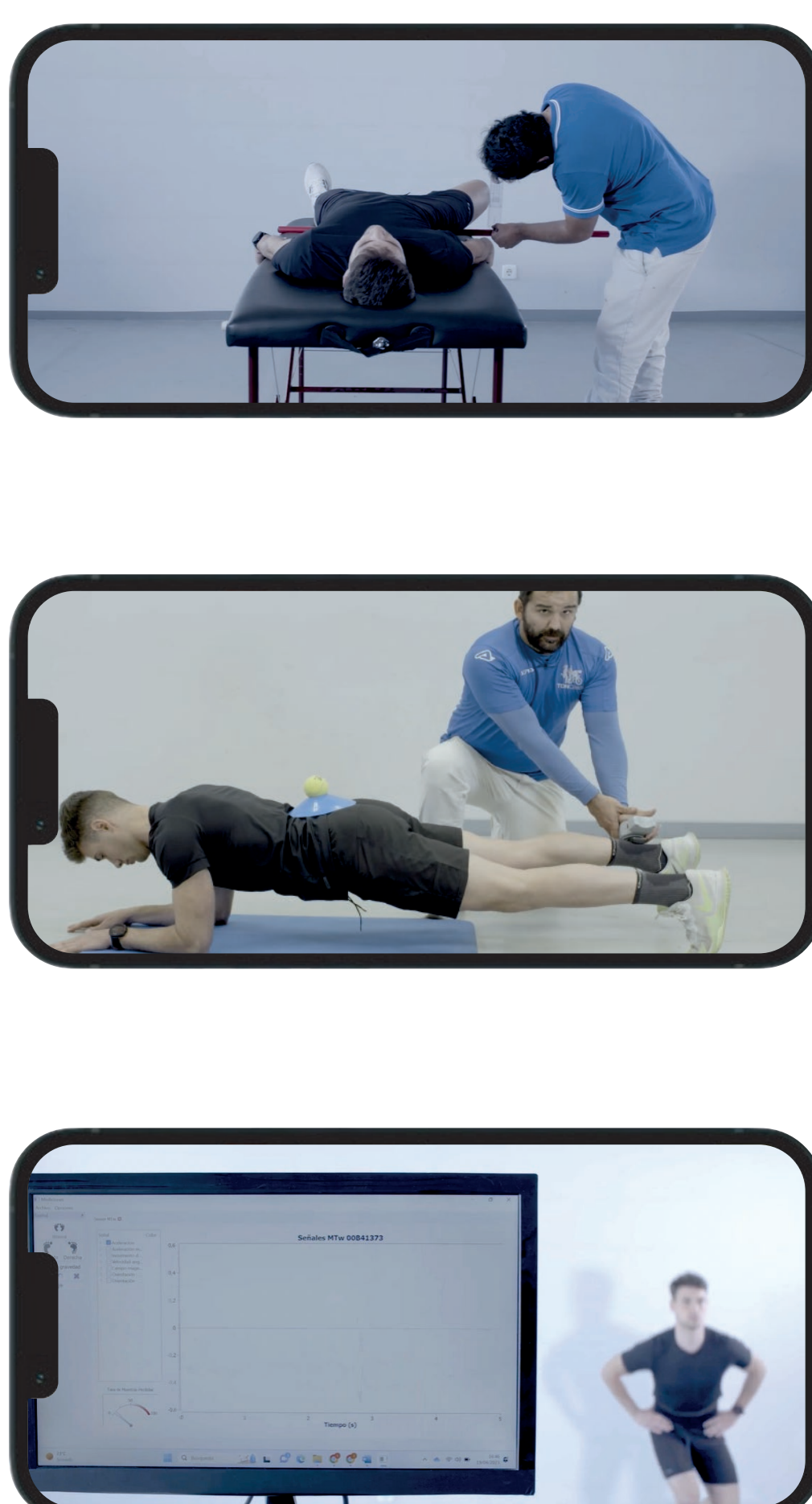
This portfolio serves as an informative guide about the plan. Dr. Igor Setuain have worked with professional football players for more than 10 years. He has a broad experience reducing athletes injury risk in players of Spanish first division, Iranian premier league and UAE...

He is also a scientific contributor to the field with more than 24 scientific published articles in JCR journals. All this research helps to improve all the implemented procedures of the FIRP.

THE PROPOSED METHOD, IS BASED UPON 3 PILLARS:

1_ INJURY RISK PROFILING

The injury risk profiling consisted on a multicomponent evaluation of lower limbs range of motion, strength evaluation, jumping and sprinting biomechanical analysis, clinimetrics assesment and core stability determination in order to dilucidate which are the main working areas for the player to reduce his injury susceptibility.



WE PERFORMED SEVERAL EVALUTATIONS FOCUSING ON RANGE OF MOTION.

ISOMETRIC STRENGTH EVALUTAITONS.

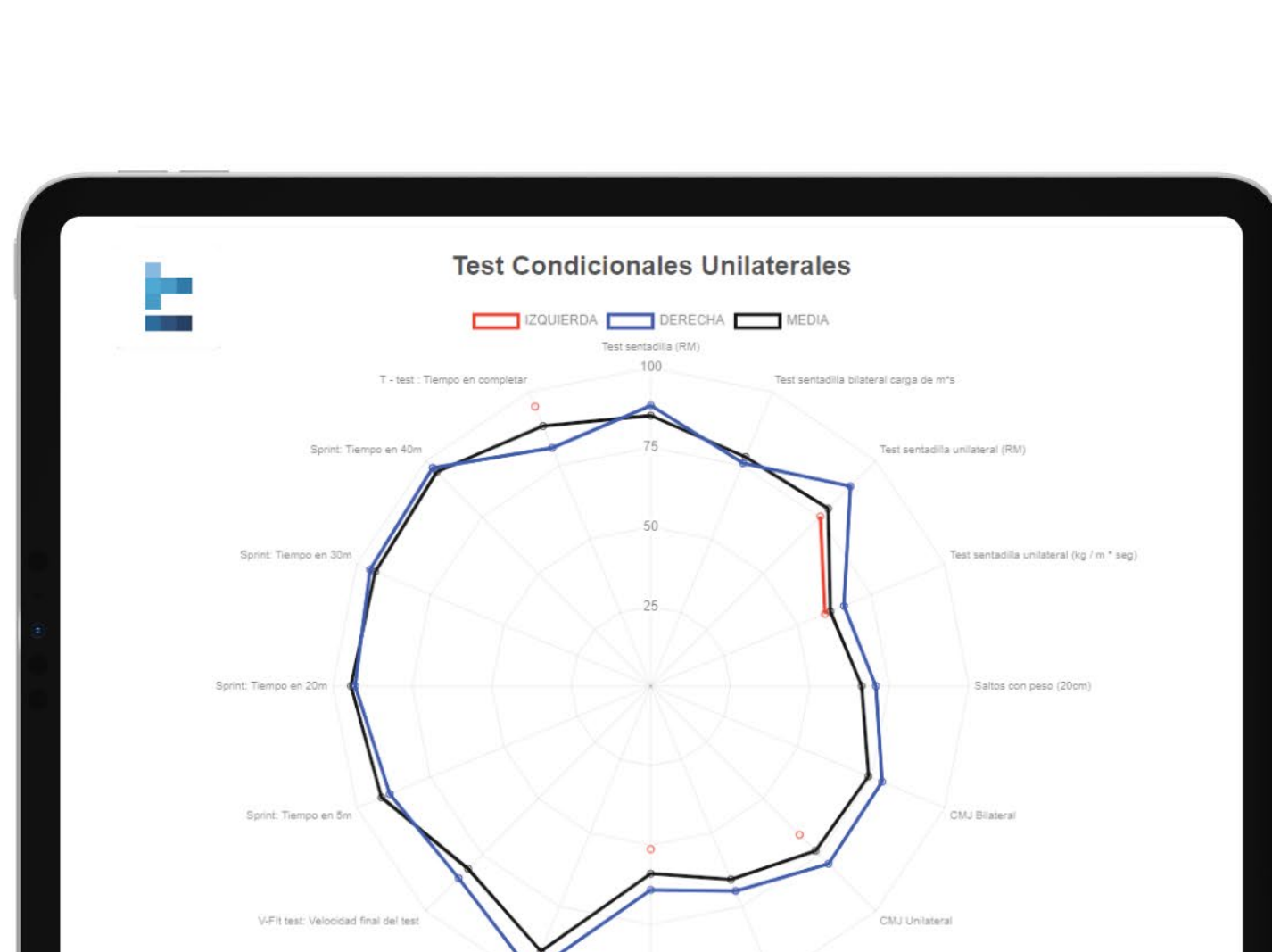
AND MOTOR CONTROL TEST.

I.E. STATISTICAL REPORT OF THE RESULTS SHOW THE LOWER SIMMETRY INDEX COMPARISON FROM EACH OF THE EVALUATIONS PERFORMED.



2_ FITNESS LEVEL DETERMINATION

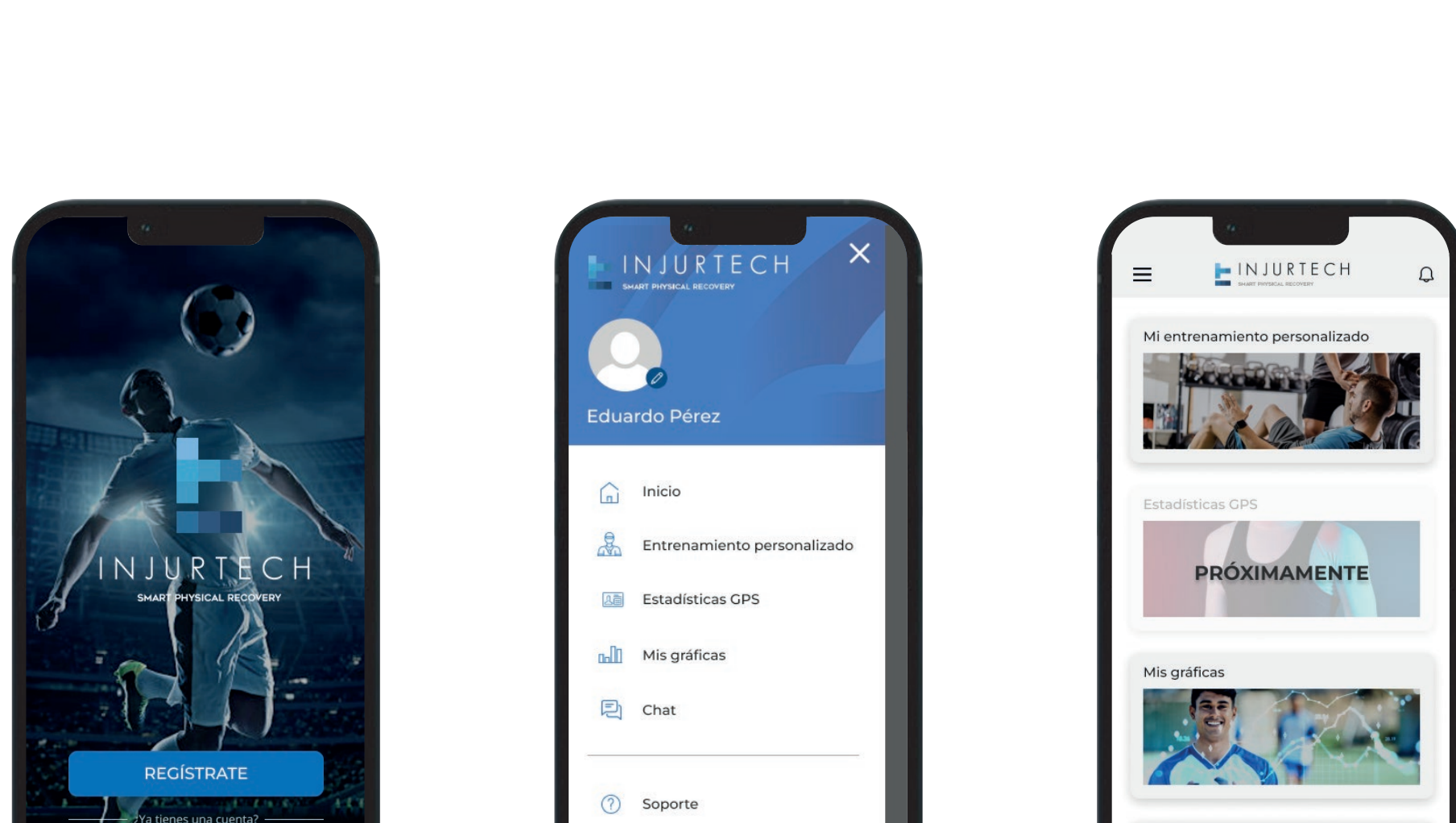
Fitness level determination consists on the evaluation of the key performance determinants in football such as anaerobic threshold determination, muscle power assesment, and agility jumping and sprinting evaluation to dilucite how close is the player to fulfill the playing physical demands of his position on the field.



A comprehensive fitness level evaluation is performed, addressing both strength, speed, agility, and cardiorespiratory related test, in order to determine what the fitness level of player is, as well as its comparison to world-class elite football players database, filtered by position. By doing so, the player will know which conditioning variables he has to improve to push his playing level to the next step!

3_ WORKLOAD ACCUMULATION CAPACITY:

Refers to the implementation of a metric registraton system to control for excesive week to week training and competing volumes in order to keep the player safe and ensure an optimal physical adaptation to the exposed workload the athlete is being exposed to.



DOWNLOAD ON THE

