THE FIFA 11+: AN EFFECTIVE INJURY PREVENTION PROGRAM

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a. FIFA and Santa Monica Sports Medicine Foundation developed FIFA 11+ in 2006, an exercise program based on PEP (Prevent Injury Enhance Performance)
b. FIFA 11+ 20 minutes consists of three parts:
   i. running exercises at slow speed combined with active stretching
   ii. six different sets of exercises; including strength, balance, and jumping
   iii. combines speed running with soccer specific movements and sudden changes in direction
c. Outcomes
   i. RCT Female-injuries severity, overuse, training, acute significantly lower (5), ACLs less (2)
   ii. RCT Males injury rate 46.2% less, ACLs, HS significantly less (4)

2. PHYSIOLOGICAL EFFECTS OF THE FIFA 11+
a. extends beyond its impact as a prevention program (1)

3. THE FIFA 11+: A FOCUS ON NEUROMUSCULAR CONTROL
a. 9 weeks induced improvements in neuromuscular control (1)

4. IMPLEMENTATION AND ADHERENCE TO THE FIFA 11+
a. level of adherence as the preventive effect of the program increases with dosage (4,5)

5. COST-EFFECTIVENESS OF NEUROMUSCULAR TRAINING
a. the neuromuscular training programs have a relatively low cost coupled with a large demonstrable risk reduction (6).

6. MORE WINS THAN LOSSES (4)

References
