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# Implementing reliable, valid and practical injury prevention

**There is no doubt that ACL injury prevention programs work – if they are used!**

Prevention exercises and programs often meet barriers like **"it is boring"** and **"they take important training from football training."** This is quite common phrases from both football players and coaches. Implementing prevention programs are challenging. This presentation will present barriers for implementing prevention programs and suggestions for resolving them.



Despite the compelling effect of ACL injury prevention measures implemented in football, their **adoption is limited**. The reason is multifactorial, but clear barriers are:



the programs take a **significant amount of time away from the team's total training time**. Additionally, the programs are perceived as **not** being football-specific enough and **boring**.



An **important measure** is to **improve the education of coaches**, so that injury prevention measures become a **natural and necessary part of daily training**. Increased competence and awareness among athletes regarding injury prevention measures is also a factor in the puzzle of **"how to stay injury-free."**

**Effective measures to improve implementation include** dividing the training programs and distributing the exercises so that **running** and **technique exercises** can begin during the **warm-up** while **strength exercises** can **conclude the training**. The use of **pair exercises**, including a football makes the exercises more **meaningful, fun and increases execution**.



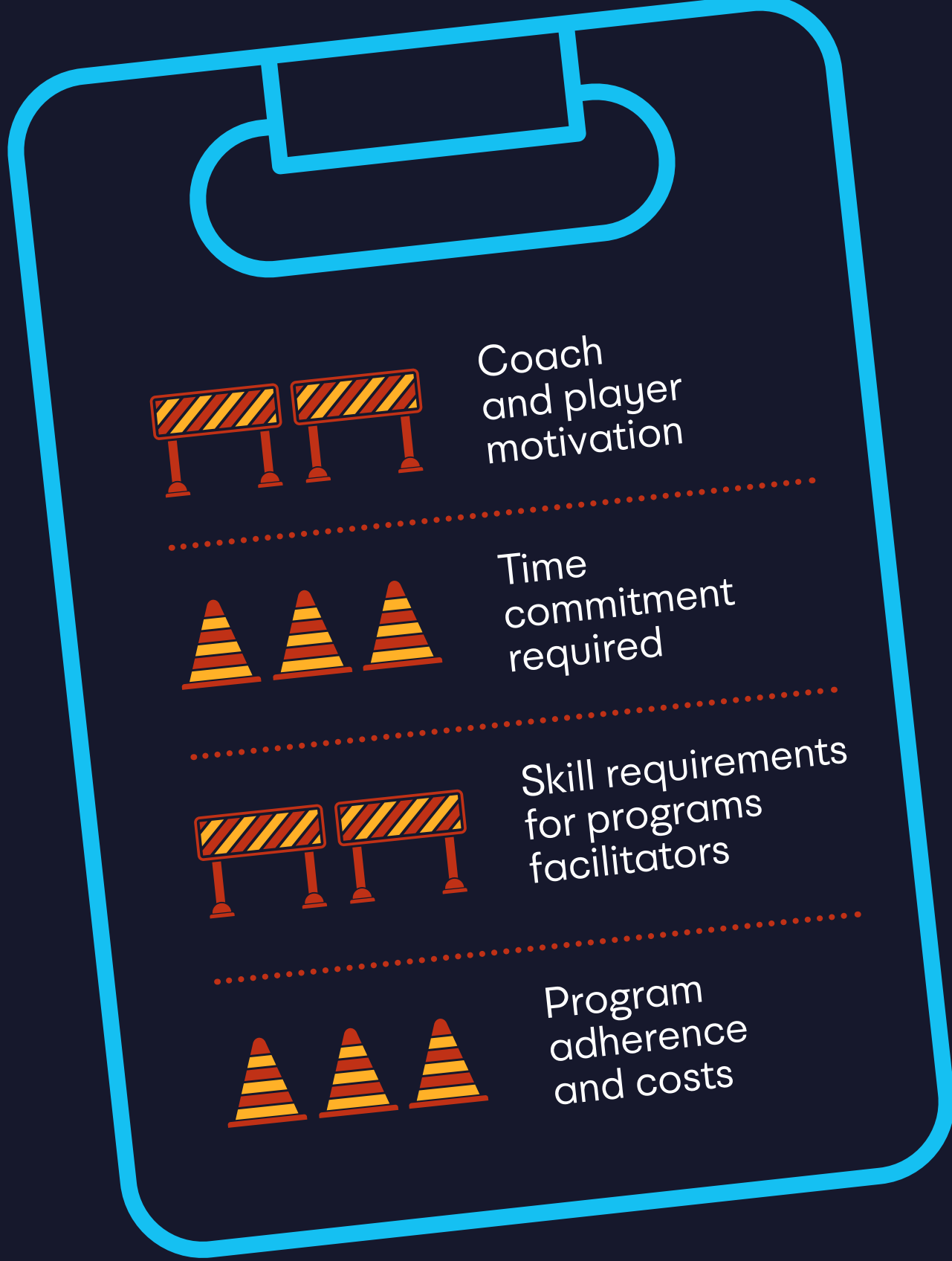
**Social media** and various **websites/apps** are **important channels** through which we can reach coaches and athletes with information.



## Take home messages

1

The **main barriers** to ACL injury prevention programs are:



2



**Flexibility in the program delivery during the training sessions** can improve the use of existing effective ACL injury prevention programs

3



Strategies such as **coach education, increasing awareness of free accessible programs, recognizing and addressing barriers, and overcoming implementation hindrances** through **creative collaboration** could improve both ACL injury prevention implementation and adherence.

**Social media channels** could serve as an effective way for disseminating information to coaches, players and stakeholders.

### References

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