



# Medical Research in Football

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**The intersection of science and medical practice in football offers immense value, but it can only serve a purpose through a mutually beneficial collaboration.**

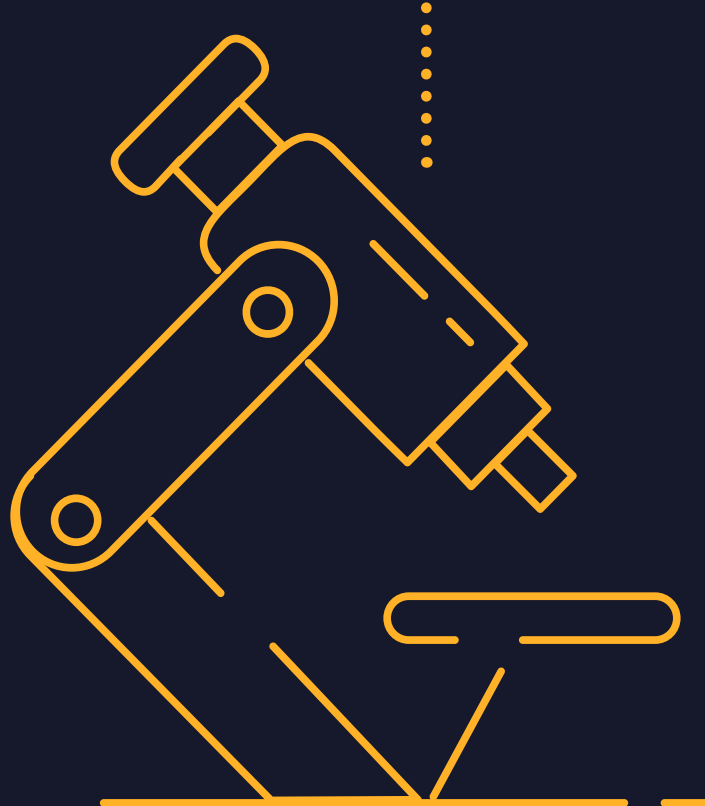
Science **serves as the foundation** for evidence-based interventions and rehabilitation, while practical questions from the field drive meaningful and relevant research. **Without this partnership**, we risk perpetuating myths and opinions that continue to influence—and sometimes distort—our understanding and daily work.



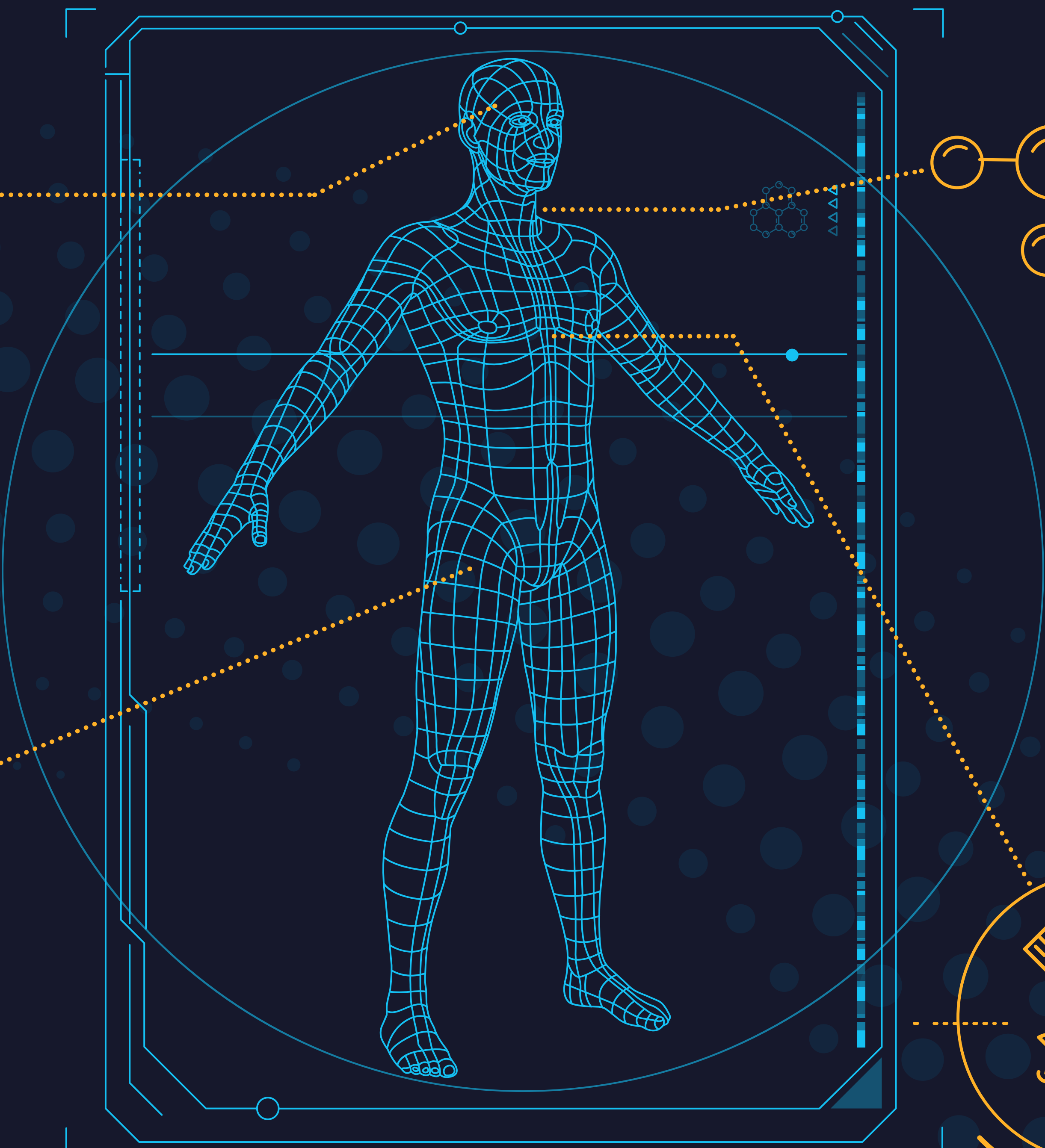
**The intersection of science and medical practice in football offers immense value**



**Evidence based medical practice in football is important.** In many areas **science has improved clinical outcomes.** These include, amongst others, Concussion Management, Injury Prevention through Load Monitoring, Tendon and Muscle Injury Rehabilitation.



**There exist medical myths in football** that **persist due to a lack of robust scientific scrutiny.** Some possible examples include; Stretching before a match prevents injuries, Dehydration only becomes a problem when you feel thirsty, and Taking painkillers before a game is harmless and helps performance.



**There are challenges** when practical questions are absent or ignored in research. This leads to **misaligned priorities.**



**A synergy between scientific inquiry and real-world practice** is necessary to dispel myths and advance our field. Examples of such synergies can be found in Injury Prevention through the FIFA 11+ Program, Workload Management Using GPS Technology, Evidence-Based Concussion Protocols.



## Take home messages

**1**

**Science and practice are interdependent**

Science is **most valuable** when driven by **real-world** questions, and practice is most effective when **grounded in evidence.**



**2**

**Beware of myths and opinions**

A lack of scientific inquiry preserves misconceptions that can misguide medical decision-making.



**3**

**Collaborate for progress**

The **true advancement** of medical care in football lies in **bridging the gap between researchers and practitioners** to tackle relevant challenges **together.**

