

Prevention and Movements Analysis of Anterior Cruciate Ligament Partial Rupture by Using Fifa 11+ For Amateur Adult Male Soccer Player

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Abstract

INTRODUCTION: Sports participation often lead to a wide range of injuries like fractures, muscle and ligament sprains, central nervous system dysfunction, internal organ damage, or concussion. The effect of ACL injuries is mostly reduced functional performance, joint effusion, muscle weakness, or change in movement. The human body has intrinsic ability to defend itself by instinct, but it is imperative especially in sports to train the body to be more effective in resisting injuries through the exploitation of the body's natural defence mechanisms. The FIFA 11+ program aims at doing this some studies have shown that players who performed the FIFA+ routine regularly had 30-50% fewer sports injuries.

AIM: is to reach a stable balanced knee through proprioception stimulation by applying FIFA 11+.

THE METHOD: Validation and reliability for gait and stance analysis performed with Force distribution measurement system (FDM-T) developed by (Zebris Medical GmbH), FIFA 11+ programs presented 10 weeks in row three times per week for 20mint (P, ACL). Visual analogue scale (VAS) 0-10.

RESULTS: (P, ACL) didn't reach stable balanced on the effected knee but gained more self-assured toward his injury.

CONCLUSION: The study shown that there was not significant relationship in the ACL partial tear injury of the patient and are not sure that proprioceptive was regained, but the patient could return to his activity with self-assured toward his injury also given that good prevention training make functional satisfactory effect possible after ACL partial tear and from the results of this study still need more studies.

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