



THE IMPORTANCE OF INJURY PREVENTION PROGRAMS

Injury prevention programs are designed to reduce the incidence and severity of injuries that athletes may sustain while playing their sport and preventing re-injury. Research has shown that participation in injury prevention programs can significantly reduce muscle strains, knee injuries and ankle injuries experienced by athletes, resulting in decreased lost playing time. Goals of participating in an injury prevention program include:

- Preparing muscles and joints to tolerate sport-specific movement and stressors that commonly occur during practices and games.
- Decreasing the amount of lost playing time for athletes, which can impact the entire team.
- Preventing season-ending injuries.
- Improving overall performance by keeping athletes strong, flexible and prepared to react to the demands of their sport.

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