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Can we spread the risk? A demand-share perspective to sustained hamstring health

Lincoln Blandford, Warrick McNeill, Ingrid Charvet



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JBMT Prevention and Rehabilitation Editorial

Can we spread the risk? A demand-share perspective to sustained hamstring health

Introduction

Within the repeat sprint sport of professional football (soccer), musculoskeletal injury negatively impacts performance, health and finance. For the athletes of the world's most popular sport, injury risk is reported to be approximately a 1000 times greater than for many other occupations (McCall et al., 2014). The financial burden of injury, reported to be circa €280,000 per injury within the top level of European football (Ekstrand, 2013), supplies a tangible measure of the sustained challenge placed upon professional clubs by player's absence from training and competition. Therefore, risk (heightened probability of injury) mitigating interventions and models supporting their successful employment, are to be welcomed by players, their clubs and their huge global fan base.

Hamstring Strain Injury

While the financial impact of injury shows no sign of decreasing, injury rates of male professional footballers as a whole, appear largely constant since the turn of the millennium (Ekstrand et al., 2013; Ekstrand et al., 2016b), however, the incidence of one particular injury, hamstring strain, has been seen to rise (Ekstrand et al., 2016a). Defined as acute pain in the posterior thigh, causing immediate cessation of exercise (Opar et al., 2015), hamstring strain injury (HSI) remains the primary cause of player absence from training and competition within football (Opar et al., 2012). From a study including more than 2000 players, Woods et al. (2004) reported a total of more than 13,000 days and in excess of 2000 matches were missed over a two-season due to HSI. Within any given season approximately 20% of players will suffer from the injury (Ekstrand et al., 2016a), with each event typically leading to the loss of anywhere between two weeks to three months of training and competition (Woods et al., 2004; Hoskins & Pollard, 2005a; Hägglund et al., 2006; Goldman & Jones, 2011). Additionally,

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