

1 INJURY FACTORS & PATHWAY IN TEAM SPORT

Origin & Basis

Biochemically & Structural
Anatomy & Genetic Predisposition
Gender, Playing, Training and
Biological Age
Fundamental Athlete Health

Healthy Athlete

Accumulated Risk Factors

Accumulated Playing, Training and Biological
Age
Historical Strength Training & Movement
patterns
Injury History
Historical Lifestyle, Diet and off-field Habits
Skill & Technical Level
Physical Fitness

Immediate Internal & External Factors

Under recovery / Overtraining
Multiple teams, coaches and multiple training types
Constant reinforcement & repetition of similar movements
Accumulated fatigue and muscle imbalance
Poor Lifestyle Habits, Sleeping & Diets

Susceptible Athlete

Training, Coaches & Professionals

Coaching & Professional Input

Communication between Teams Coaching Professionals
Poor Training and preparation practices
Planned and Coordinated training
Human Factors & Input

Tipping Point

Playing Situation
Game or Training Event
External Situations, Weather, Ground etc

Injured Athlete

