Injuries in Junior Australian Rules Footballers

**Most Common Injuries**
- Lower back pain (Stress Fracture not unusual)
- Anterior knee pain (Osgood Schlatters Disease—jumper's knee)
- Heel pain (Severs disease)
- Corks (Muscle haematoma—if left untreated can easily develop into one of the above injuries)
- Torn quadriceps (Grade three tears can detach bone from the anterior hip)
- Lower abdominal/groin pain (Osteitis Pubis—more common in late teens)

**Contributing Factors**
- Extrinsic:
  - Training error (eg poor warm up/cool down, lack of appropriate recovery)
  - Incorrect technique (eg kicking)
  - Inadequate equipment (eg football boots)
  - Parent/peer pressure
- Intrinsic:
  - Prior injury
  - Inadequate conditioning
  - Anatomic mal-alignment (genetics)
  - GROWTH—creates muscle imbalance

**Prevention**
- Adequate warm up and cool down procedures
- Player/parent/coach education