

Injuries in Junior Australian Rules Footballers

Most Common Injuries

- Lower back pain (Stress Fracture not unusual)
- Anterior knee pain (Osgood Schlatters Disease—jumpers 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

