

## **TIP OF THE MONTH**

“Musculoskeletal issues are the enemy of any soccer player, which is why it is so important to keep their strength off-season. On average, a soccer player can sustain between 12 and 35 injuries for every 1000 hours of play, with the risk rising in those playing professionally”.

I read this as an opening statement in a recent article from one of the numerous sites I subscribe to (excuse my forgetfulness of the original author, but full credit to him on the above statement) and can't help but to want to shout this from the roof-tops to all who will listen. However, there is one point that I think is missing from the idea stated above. Strength training of some form or another should not only be included in off-season training, but should be an integral part of in season training as well.

I am not suggesting that we weight our players down with heavy weights or look to promote significant size or weight gains during the season, but rather capitalize on the athlete's ability to sustain strength, look for opportunities to avoid injury and correct for movement/mobility dysfunction that may be contributing to in season musculoskeletal issues. Far too often, athletes and their performance coaches will train like deranged beasts in the off-season to gain size and strength only to neglect these gains during the season and wonder what went wrong when an injury occurs.

I suggest that a maintenance program of low to moderate weighted strength activities included within the season combined with proper recovery periods that includes stretching and muscle work as well as inclusion of movement corrective activities will allow our athletes to not only avoid the aforementioned musculoskeletal injuries, but allow for a more fluid transition into the off-season training regimens required to succeed in today's sports environment.

Want to know more? Reach out to us at [ELITELEVELPT.COM](http://ELITELEVELPT.COM) to find out.

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