

“AFL” Pre-season measurements:

Isokinetic dynamometry

Roman Dead Lift & 1 leg bridge to fatigue

Hip flexor length

Core stability

Glut function

Intervention if "at-risk"

General prevention principles include:

Lower leg motor control training in select (at risk) players (eg Ref Matthew Cameron)

Strengthening in weights sessions - 3 ex's (strength, eccentric, functional)

Training load management

Monitoring of muscle soreness / general well being