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Prevention and Movements Analysis of Anterior Cruciate Ligament Partial Rupture by Using Fifa 11+ For Amateur Adult Male Soccer Player

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Sports participation often lead to a wide range of injuries like fractures, muscle and ligament sprains, central nervous system dysfunction, internal organ damage, or concussion. The effect of ACL injuries is mostly reduced functional performance, joint effusion, muscle weakness, or change in movement. The human body has intrinsic ability to defend itself by instinct, but it is imperative especially in sports to train the body to be more effective in resisting injuries through the exploitation of the body's natural defense mechanisms. The FIFA 11+ program aims at doing this some studies have shown that players who performed the FIFA+ routine regularly had 30-50% fewer sports injuries.

Biography

Theeb Naif S. Alsalem is a dedicated physiotherapist based at King Abdulaziz Medical City, part of the National Guard Health Affairs in Riyadh, Saudi Arabia. With a strong commitment to sports rehabilitation and injury prevention, he has focused his research on enhancing athletic performance and safeguarding athletes from injuries.

On June 29, 2020, Theeb published his research titled "Prevention and Movements Analysis of Anterior Cruciate Ligament Partial Rupture by Using FIFA 11+ for Amateur Adult Male Soccer Players," which was officially published on July 13, 2020. In this study, he explored the efficacy of the FIFA 11+ injury prevention program in reducing the incidence of anterior cruciate ligament (ACL) injuries among amateur male soccer players. His work aims to contribute to the understanding of movement patterns and preventive strategies that can help mitigate the risk of ACL injuries, a common concern in soccer.

Theeb's expertise in physiotherapy, coupled with his research endeavors, underscores his passion for improving athlete health and safety. His contributions to the field reflect a commitment to advancing sports science and promoting best practices in physical rehabilitation.