FIFA 11+ Prevention Programme in Preventing Anterior Cruciate Ligament Injury among Soccer Players: A Scoping Review

Malaysian Journal of Medicine and Health Sciences • Review • 2022 •
DOI: 10.47836/mjmhs18.8.47

Azhar, Noor Izzati [a] ; Othaman, Nor Nazihah Che [a] ; Zainuddin, Siti Zulaikha [a] ; Justine, Maria [a, b] ; Munajat, Munayati [c] ; +2 authors

[a] Centre for Physiotherapy Studies, Faculty of Health Sciences, Universiti Teknologi MARA Selangor Branch, Puncak Alam Campus, Puncak Alam, Selangor, 42300, Malaysia

Abstract

Soccer players are highly exposed to injuries due to the nature of the sport. Knowing the preventive measures of injury in soccer players is therefore crucial. FIFA 11+ improves the neuromuscular properties of the stabilising muscles of the joints. Numerous studies have generally investigated the effects of FIFA 11 +, however, evidence for ACL injury prevention is still limited. Therefore, this review aims to investigate the effects of FIFA 11+ as the ACL injury prevention programme among soccer players. Online databases (ScienceDirect, Springer, Scopus, Web of Science, PubMed, and Google

Scholar) were used in the search for relevant publications. The quality of the literature was assessed using the Critical Assessment Score System of the Physiotherapy Evidence Database (PEDro) for randomised controlled trial papers. Twelve articles showed a consistent and positive effect of FIFA 11+ on reducing injuries among soccer players. Four studies showed its significant effect on knee strength and balance, two studies discussed on biomechanical performance, while six studies provided information on FIFA 11+ with exposure to ACL injuries after long-term training. Implementing the FIFA 11 + programme in the intervention group positively reduced exposure to ACL injury, with improved strength, balance, and biomechanical performance.

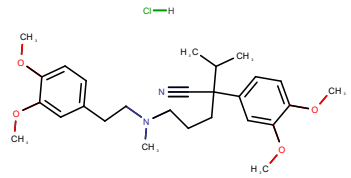
Author keywords

Anterior Cruciate Ligament; FIFA 11+; Injury; Prevention; Risk; Soccer

Reaxys Chemistry database information

Reaxys is designed to support chemistry researchers at every stage with the ability to investigated chemistry related research topics in peer-reviewed literature, patents and substance databases. Reaxys retrieves substances, substance properties, reaction and synthesis data.

Substances



View details

Powered by Reaxys

Corresponding authors

Corresponding author S.A. Bukry

Affiliation Centre for Physiotherapy Studies, Faculty of Health Sciences, Universiti Teknologi MARA Selangor Branch, Puncak Alam Campus, Puncak Alam, Selangor, 42300, Malaysia

Email address saiful_adli@uitm.edu.my

Abstract

Author keywords

Reaxys Chemistry database information

Corresponding authors