

Field Hockey Injuries: A Preventative Approach

Most Common Injuries

The most common injuries that can occur while playing field hockey include but are not limited to: ankle sprains, knee injuries (ACL tears, meniscal injuries, knee cap pain), low back pain, muscle strains (hamstrings, hip flexors), concussion, and shin splints.

When can these happen?

Most injuries occur within the circle, followed by the 25 yard zone, and the midfield. The rate of occurrence of injury increases after the first quarter. Injuries can also occur over time from overuse such as low back pain or shin splints.

Prevention

- **General Prevention Recommendations**
 - Listen to your body
 - Warm-up
 - Hydration
 - Sleep
 - Recovery
- **Proper equipment**

Recommended Stick Height

Height	Length
4' & Under	28"
4'1"-4'3"	30"
4'4"-4'6"	32"
4'7"-5'	34"
5'1"-5'3"	35-35.5"
5'4"-5'9"	36-36.5"
5'10" & Over	37-37.5"



Consult your physician or Physical Therapists if any problems arise or if you have any questions before beginning an exercise program or how to properly complete an exercise. Proper form for exercises is important to prevent injury.

Exercises can be completed for 3 sets of 10 or 3 x 30 seconds for stretches and core; if you are unable to complete an exercise, try reducing the number of repetitions or amount of time. If exercises are too easy consider adding a resistance band or using a weight. Exercises can be completed 3-5 days per week.

● **Ankle Sprains**

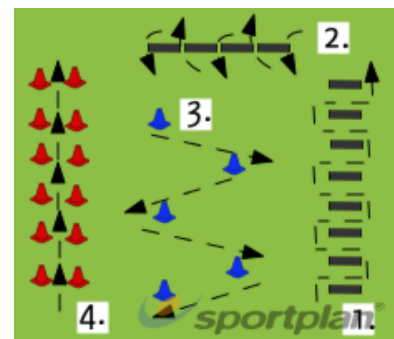
- **Ankle strengthening:** Sit with legs extended with resistance band around bottom of foot. Pull foot toward shin x 15, press foot down like a gas pedal x 15, pull foot in x 15, push foot outward x 15
- Taping/bracing for those with history of sprains
- **Balance/Proprioception Training**



<p>Stand on 1 leg, hold for 30 seconds, repeat for 3 sets. Alternate legs between sets.</p>	<p>Jump on one leg 10 times, repeat for 3 sets. Alternate legs between sets.</p>	<p>Stand on unsteady surface (bosu ball, foam pad, wobble board), hold for 30 seconds, repeat for 3 sets. Alternate legs between sets.</p>	<p>Use cable column or tied resistance band at chest height, take a step sideways from the anchor creating increased resistance, stand on 1 leg, slowly press band away from body and return back to your chest with control. Repeat 10x for 3 sets. Alternate legs.</p>
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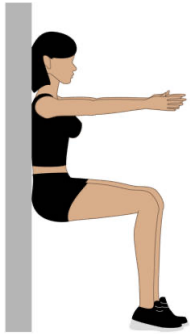
● **Knee Injury**

- Agility drills
 1. Quickly weave around 10 feet of cones with a ball and stick with a hit at the end
 2. Side shuffle turning body half way
 3. Sprint while making quick cuts in a diagonal direction
 4. Back peddle
 5. Finish with a sprint



- Proper warm-up routine: [FIFA 11+ Warm Up:](https://cdn.hibuwebsites.com/563431f963d34e688d93ce6558c9e8da/files/uploaded/the-11-soccer-warm-up-2018.pdf)
<https://cdn.hibuwebsites.com/563431f963d34e688d93ce6558c9e8da/files/uploaded/the-11-soccer-warm-up-2018.pdf>

- Quadriceps strengthening
 - Wall Sits: lean against a wall to slide down until knees are at 90 degrees; hold for 30 seconds, repeat 3 times.
 - Lateral Power Jumps: Begin on one leg, jump sideways to the other leg with power and distance; repeat for 10 jumps, 3 sets.


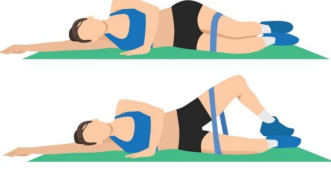
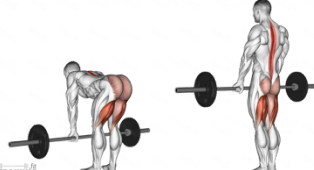


● **Concussion**




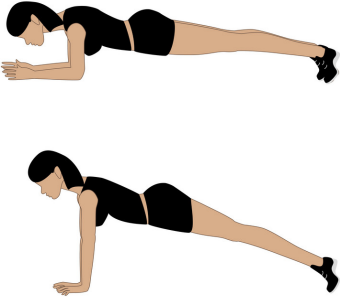

- **Concussion:** <https://cdn.hibuwebsites.com/563431f063d34e688d93ce6558c9e8da/files/uploaded/Concussions.pdf>
- **Return to Sport After Concussion:** <https://cdn.hibuwebsites.com/563431f063d34e688d93ce6558c9e8da/files/uploaded/concussion-handout.pdf>

● **Low Back Pain:** prolonged bending, improper posture



- Neutral spine posture, bending at legs, hinging at hips
- Proper stick height: stick should reach top of your hip bone. Recommended stick height can be found on last page of document.
- Glute, piriformis, and hamstring strengthening

<p>Bulgarian Split Squats 3 x 10</p> 	<p>Clamshell 3 x 10</p> 	<p>Romanian Deadlift 3 x 10</p> 
<p>Start 2 feet from bench or step, place back foot with toes down on bench, keep front foot forward enough so knee doesn't pass toes, lower down by bending front knee and hip.</p>	<p>Lie on side with hips and knees bent, keep feet together and spine neutral while lifting top knee as high as possible; use resistance band above knees for challenge; switch sides.</p>	<p>Stand shoulder width apart with weights in your hand, slight bend in knees; hinge at hips as you lower with weights close to body until you feel a stretch in hamstrings(below the knee or mid-shin); keep shoulders back, chest lifted, core engaged.</p>

○ Core stabilization exercises

<p style="text-align: center;">Dead Bug</p> 	<p style="text-align: center;">Bird Dog</p> 	<p style="text-align: center;">Russian Twists</p> 
<p>Lay with arms extended and knees bent to 90 deg, slowly lower opposite arm and leg while keeping back flat; alternate sides</p>	<p>Start on knees and hands, extend opposite arm and leg at the same time; alternate sides</p>	<p>Sit on floor, lean back slightly, rotate torso side to side; use medicine ball or weight to increase difficulty; float feet to increase difficulty</p>
<p style="text-align: center;">Elbows to Palms Plank</p> 	<p style="text-align: center;">Side Plank with Reach-Through</p> 	<p>Complete all exercises for 3 x 30 seconds or 3 sets of 10-12 repetitions. Consider adding weight to increase challenge.</p>
<p>Start in forearm plank position with legs extended and elbows under shoulder, press up with one hand at a time, lower back down one hand at a time; alternate arms which lead movement</p>	<p>Set up in a side plank, extend top arm and reach it under your body with a twist; alternate sides</p>	

- **Hip Flexor/Hamstring/LE Muscle Strains**

<p>Hip Flexor Stretch 3x30 seconds</p> 	<p>Straight Leg Raise Stretch 3x30 seconds</p> 
<p>Begin in half kneeling with both knees at 90 degrees, shift weight forwards and feel stretch in front of hip on kneeling leg</p>	<p>Lay on back on firm surface, bend one knee to make foot flat, raise other leg by hinging at the hip and use resistance band around bottom of foot to add support</p>

- **Shin Splints:** overuse, poor footwear
 - Stretching calves, foam rolling
 - Gradual increase in training load
 - Shock-absorbing insoles, orthotics if needed(ex. Flat feet)
 - [Fleet Feet, West Reading, PA:](https://www.fleetfeet.com/browse?q=insole)
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