



Injury Recovery

During your soccer career, you may pick up an injury and be advised to not participate in sports for a set period of time. Here is some advice for getting fully fit and helping you get back to playing.

Allow Healing

While you are bruised and sore, you must rest and allow your body to recover. You need to listen to your doctor and follow their advice. Throughout this period, you must eat correctly to aid the recovery.

Restore Range of Motion

You should be doing the exercises that have been shown to you by your doctor or physical therapist. Can you move the affected area properly? REMEMBER: Do NOT return to practice if you have limited motion in any joint.

Regain Natural Movement

After a leg injury, many athletes lose their usual gait (the way they normally walk). When you are able to walk and jog normally, then you are ready for the next step in coming back from her injury.

Regain Muscle Strength

You need to regain the strength in your muscles. Your doctor or trainer should give you weight-training exercises to build up the weakened muscles, for example, do 3 sets of 10 reps three times per week.

Regain Endurance

For healthy athletes, this is the quickest thing to regain after injury. You won't be fit to play until you regain this element of your game. The key is not to affect your body by putting it under too much stress too early. Workout three times per week for 30mins doing things such as; swimming, biking, rowing or running in water.

Regain Skills

If your out for a long period, you wont be as sharp with the ball. Spend time working on your passing, dribbling and shooting before returning to competitive games.

Regain Confidence

When you are out for a prolonged period, psychologically, you suffer, as well as physically. If your not ready mentally, you can end-up being injured again, suffering from depression, or find a significant decrease in your performance.

