

Efficacy of The FIFA 11+ Program in Male Collegiate Football (Soccer)

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Summary:

Utilization and efficacy of the FIFA 11+ program in competitive male collegiate football (soccer) players in the USA.

Abstract:

BACKGROUND

The FIFA 11+ injury prevention program can reduce injury and time loss in competitive football (soccer)

OBJECTIVE

Examine the effectiveness of the FIFA 11+ program in reducing the frequency and severity of injury in male collegiate football (soccer) players.

DESIGN

Prospective randomized controlled trial conducted in NCAA collegiate soccer. Every institution with a men's soccer program (N=411) was contacted via a formal letter, email with an instructional vimeo clip and phone call. Human ethics approval was acquired through Quorum IRB, Seattle, WA, USA. The intervention group received an instructional DVD, manual and placards describing the FIFA 11+ intervention. An injury surveillance database was utilized (HealtheAthlete™, Overland Park, Kansas). Every athletic exposure, injury incurred, utilization of the 11+ program and compliance data was entered weekly.

SETTING

Division I and II institutions playing competitive football (soccer) in the USA

PARTICIPANTS

34 control institutions (N=850 athletes) and 27 intervention (N=675 athletes) institutions consented to participate and completed the study:

INTERVENTION

The FIFA 11+ program. The warm-up was utilized three times per week for the duration of the competitive season.

MAIN OUTCOME MEASUREMENT

Specific injuries, exposures and time loss due to injury were recorded

RESULTS

In the intervention Group (IG), 285 Injuries were reported (mean=10.56 injuries/team+/-3.64) compared to 665 Injuries (mean=20.15 injuries +/- 11.01) in the control group (CG). The number of athletic exposures was 35,226 (Games: 10,935 AE, Practice: 24,291 AE) for the IG and 44,212 (Games: 13,624 AE, Practice: 30,588 AE) in the CG. The incidence rate (IR) was 8.09/1,000 AE (95% CI) in the IG compared to 15.04/1000 AE (CI=95%) in the CG (p=0.00117). Total days missed due to injury was 2824 (mean=9.94) in the IG compared to 8776 days (mean =13.20)

ISAKOS

**International Society of Arthroscopy, Knee Surgery and
Orthopaedic Sports Medicine**

10th Biennial ISAKOS Congress • June 7-11, 2015 • Lyon, France

Paper #134

in the CG.

CONCLUSION

The FIFA 11+ significantly reduced injury rates and time loss in the competitive male collegiate soccer player.