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Dr. Jason Tee



Reducing risk in rugby – A Multi-disciplinary approach



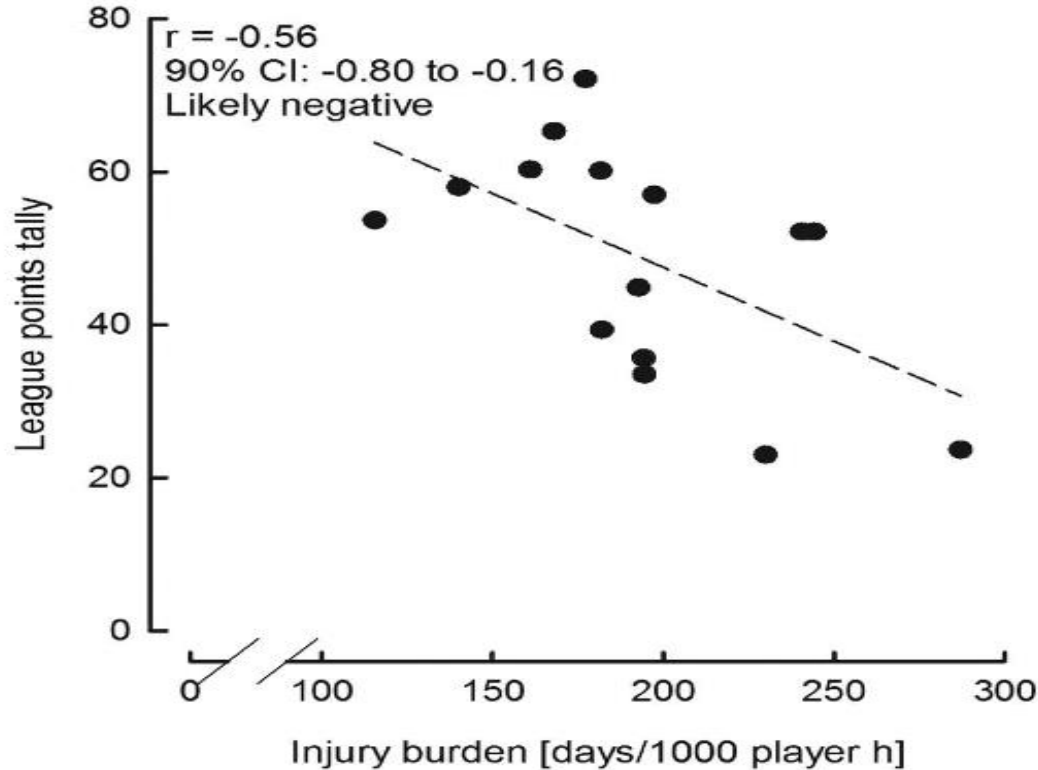
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#CARR17



England
Rugby



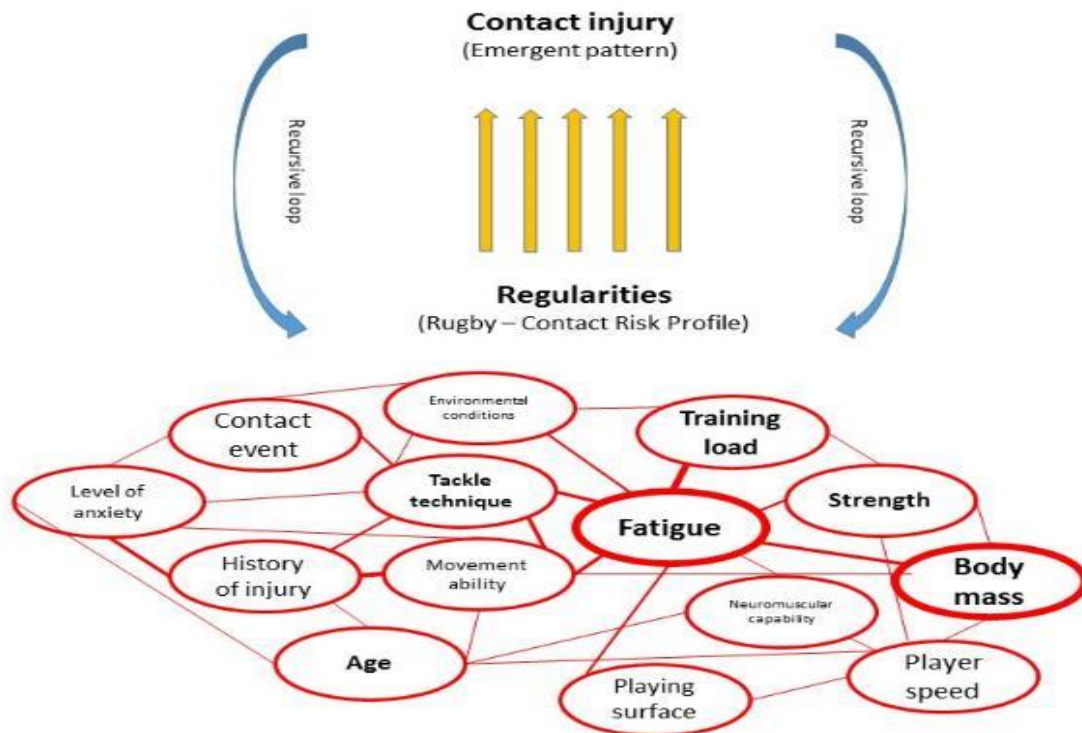
+ Injury vs. Performance



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Complex systems model



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catapult.



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Contact injury model for rugby. Based on Bittencourt et al., BJSM, 2016



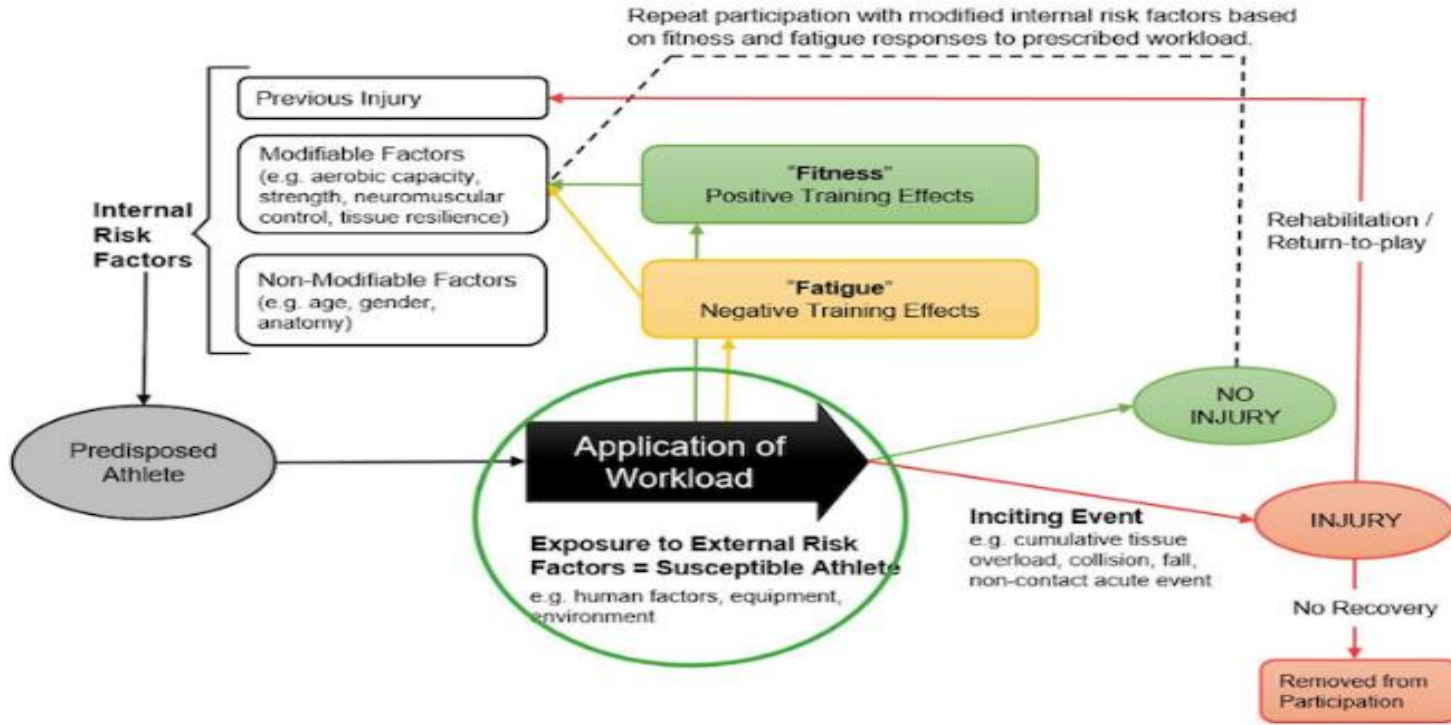
Injuries are complex and multi-factorial

Changing ONE thing is unlikely to change the WHOLE system

+ Use every tool in the box!!!



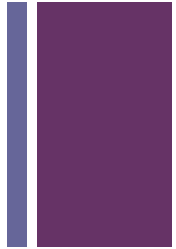
+ Modifiable vs. non-modifiable risks



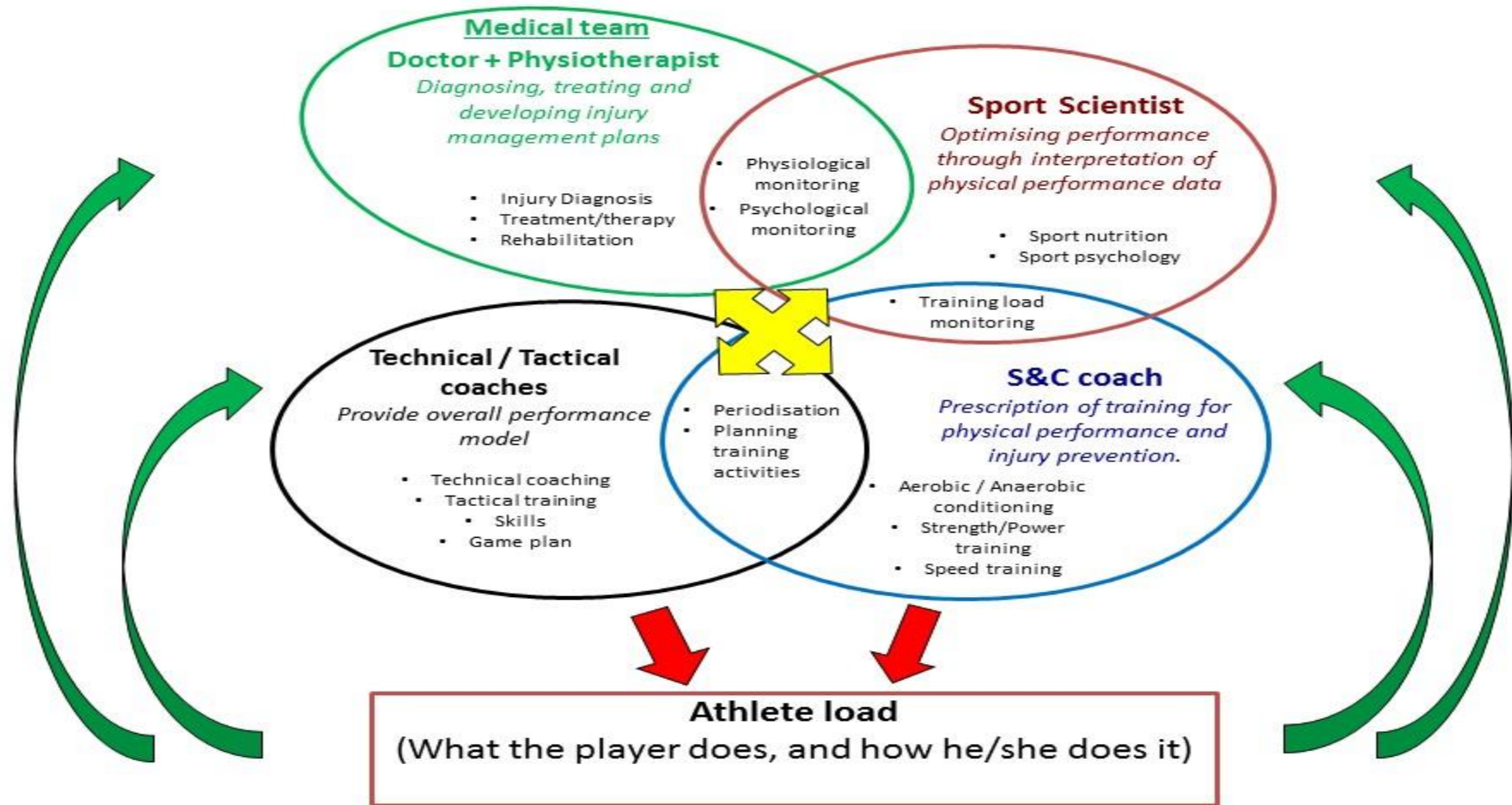
Windt and Gabbett, BJSM, 2016

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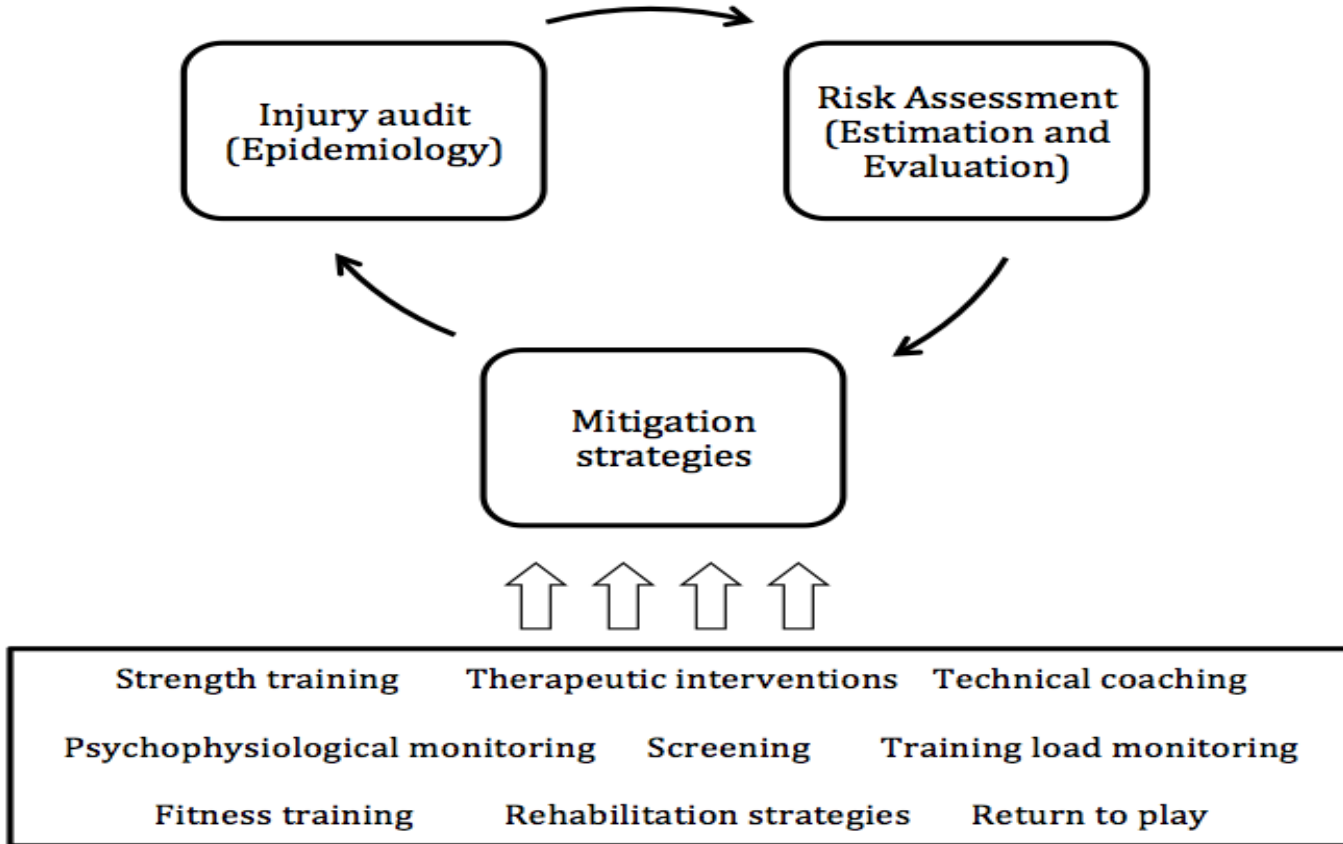
2017/11/28



Multi-disciplinary approach to managing team injury risk



+ What does a multi-disciplinary approach look like?





Screening



Dysfunctional movement pattern



Poor tackle technique



+ Conditioning interventions

T.J. Gabbett et al. / Journal of Science and Medicine in Sport 15 (2012) 496–504

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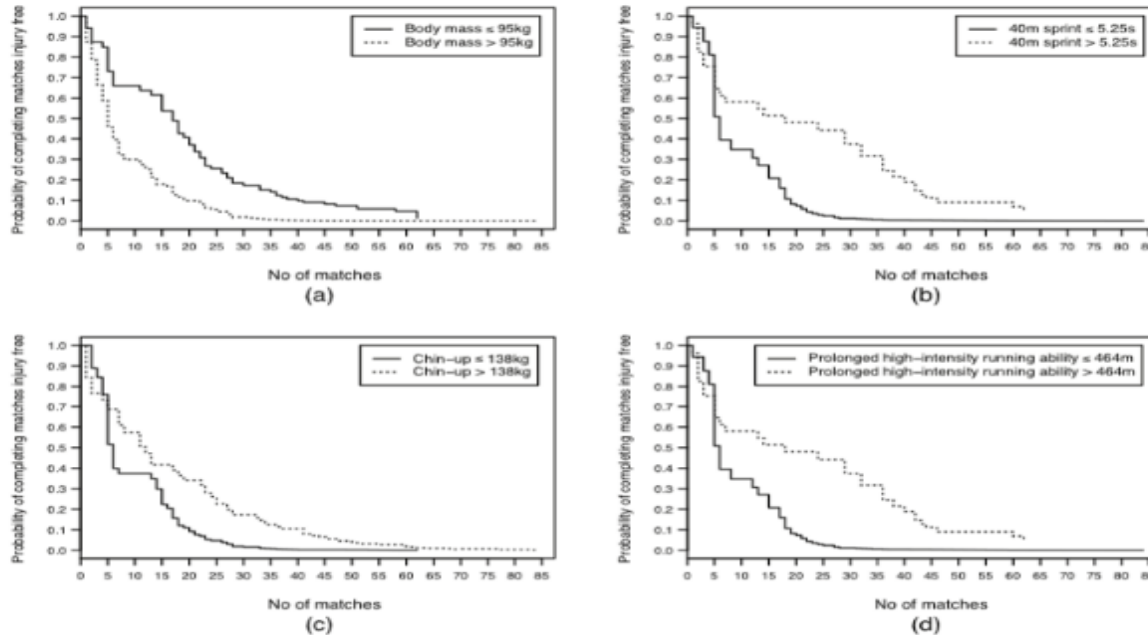
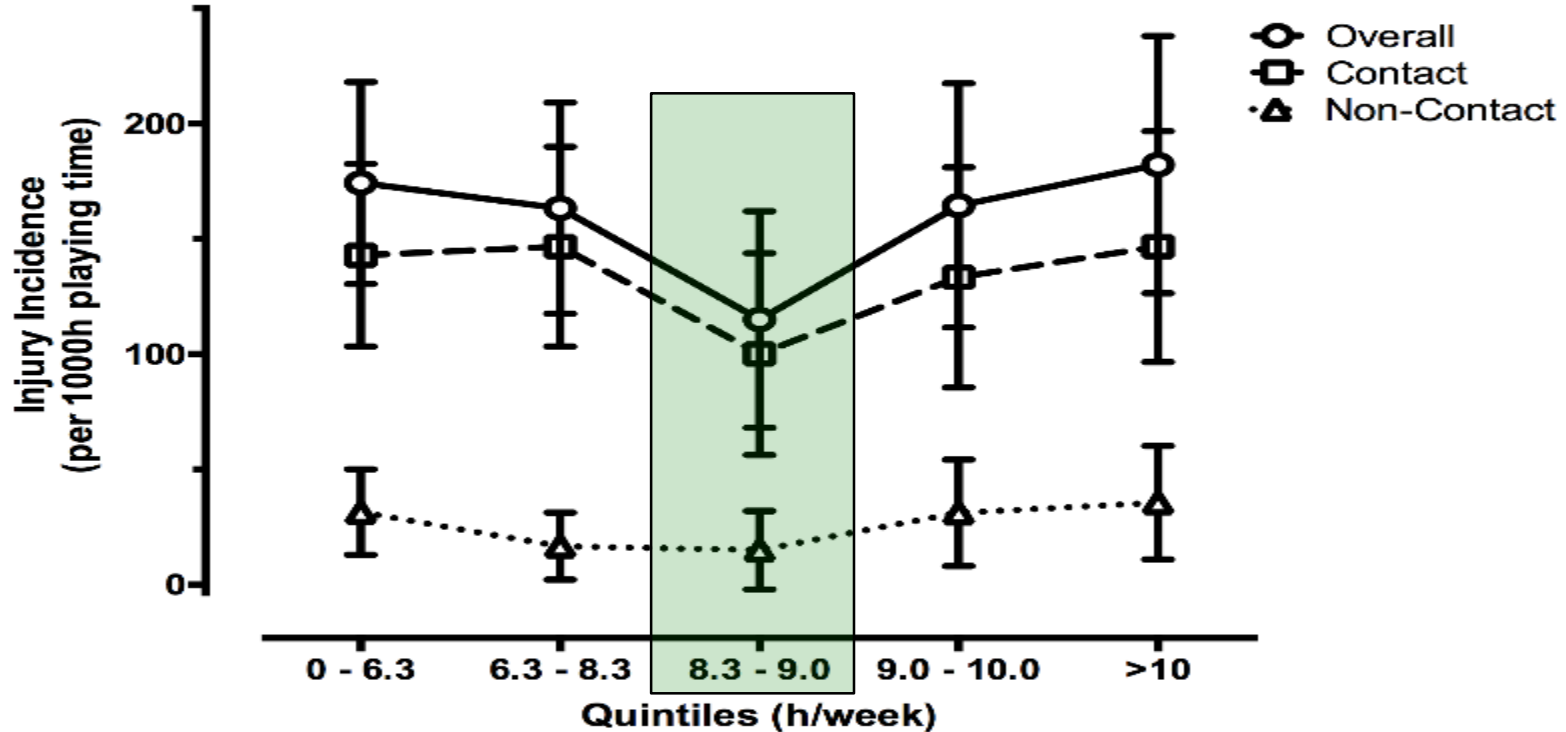


Fig. 1. Standard Kaplan–Meier survival curves for completing matches free of contact injury for 66 professional rugby league players. Four significant (or almost significant) risk factors are shown: (a) high body mass, (b) fast speed (40 m sprint), (c) poor upper-body strength (chin-up), and (d) poor prolonged high-intensity running ability. All curves are adjusted for players’ age, playing experience and usual playing position.



+ Correct training prescription



Tee, unpublished observations

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+ Coaching contact technique frequently



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catapult.

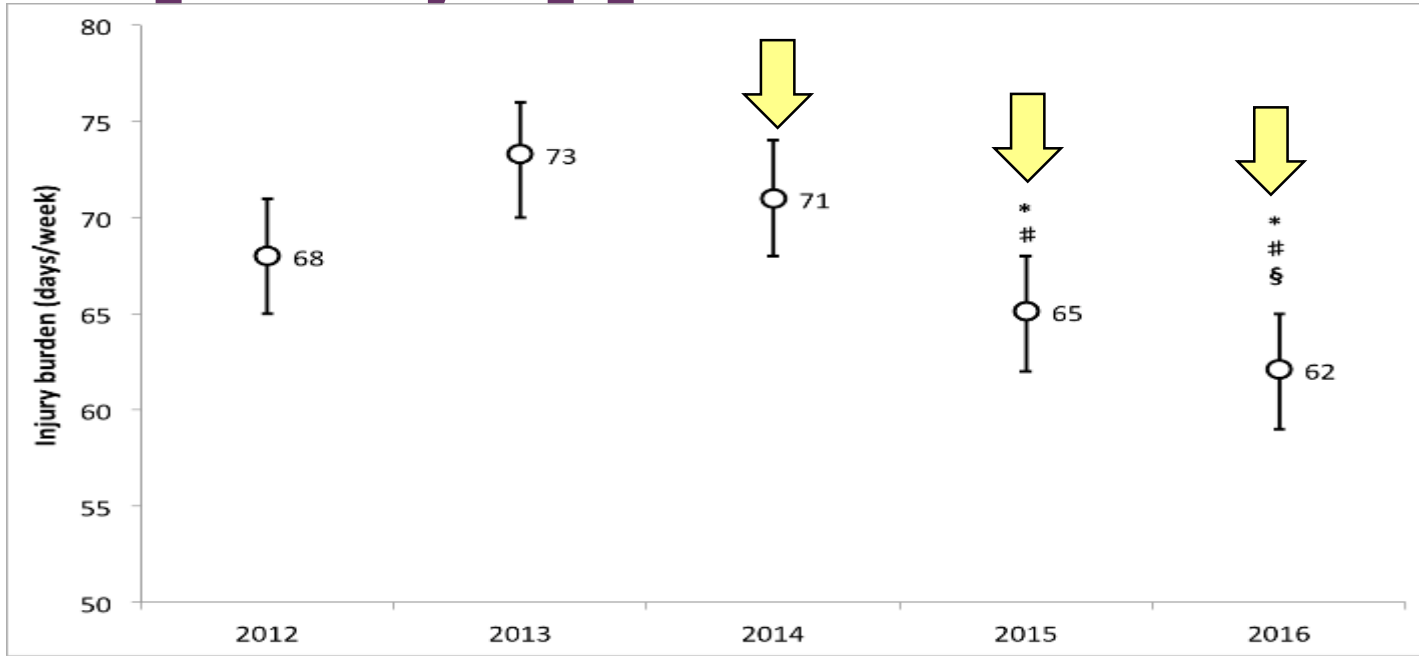


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+ Improved monitoring and recovery



+ Effectiveness of the multi-disciplinary approach



+ Reduced injuries

