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**Dr. Jason Tee**



## Reducing risk in rugby – A Multi-disciplinary approach



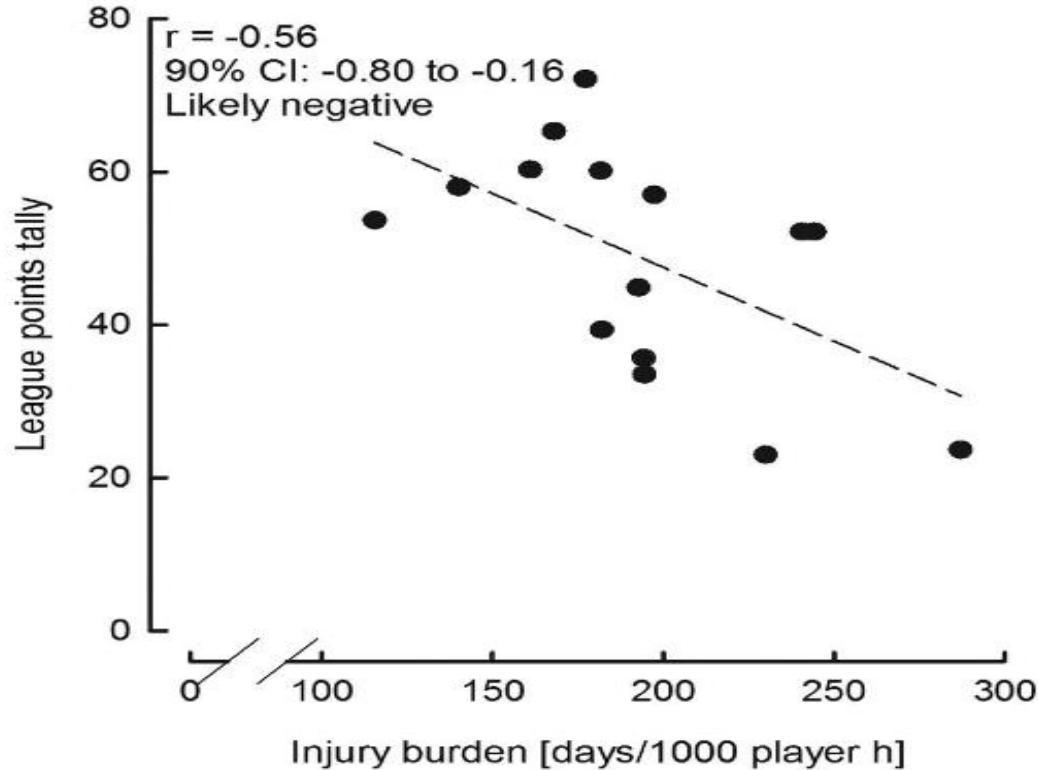
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#CARR17



England  
Rugby



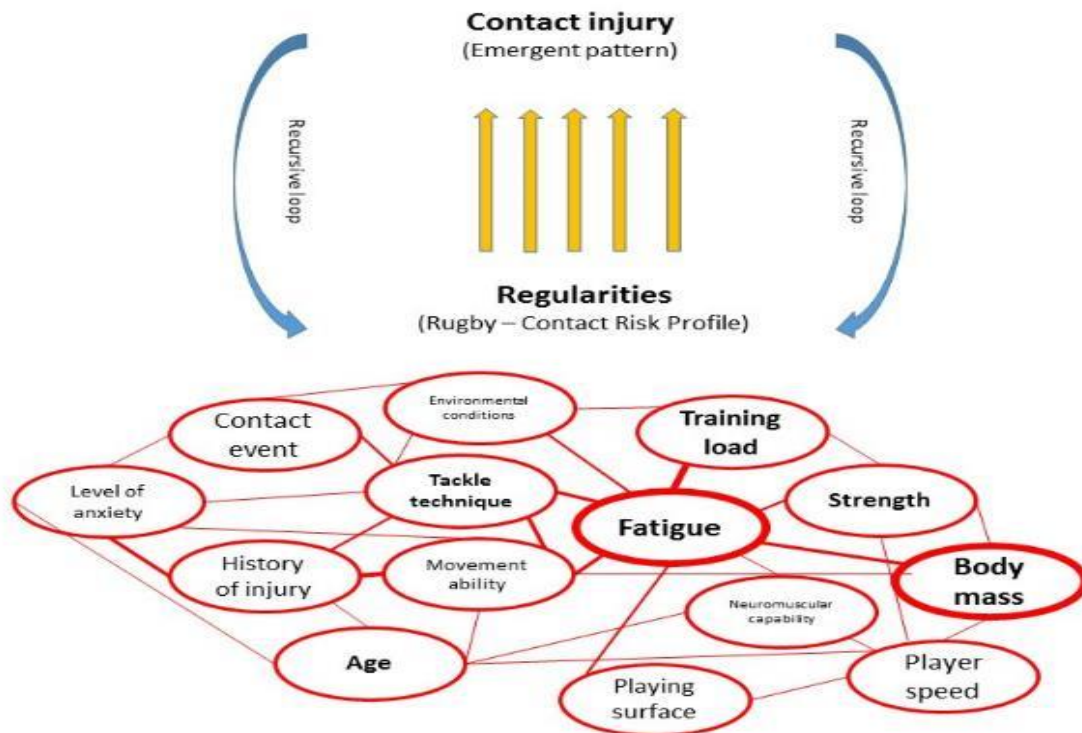
# + Injury vs. Performance



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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!!!



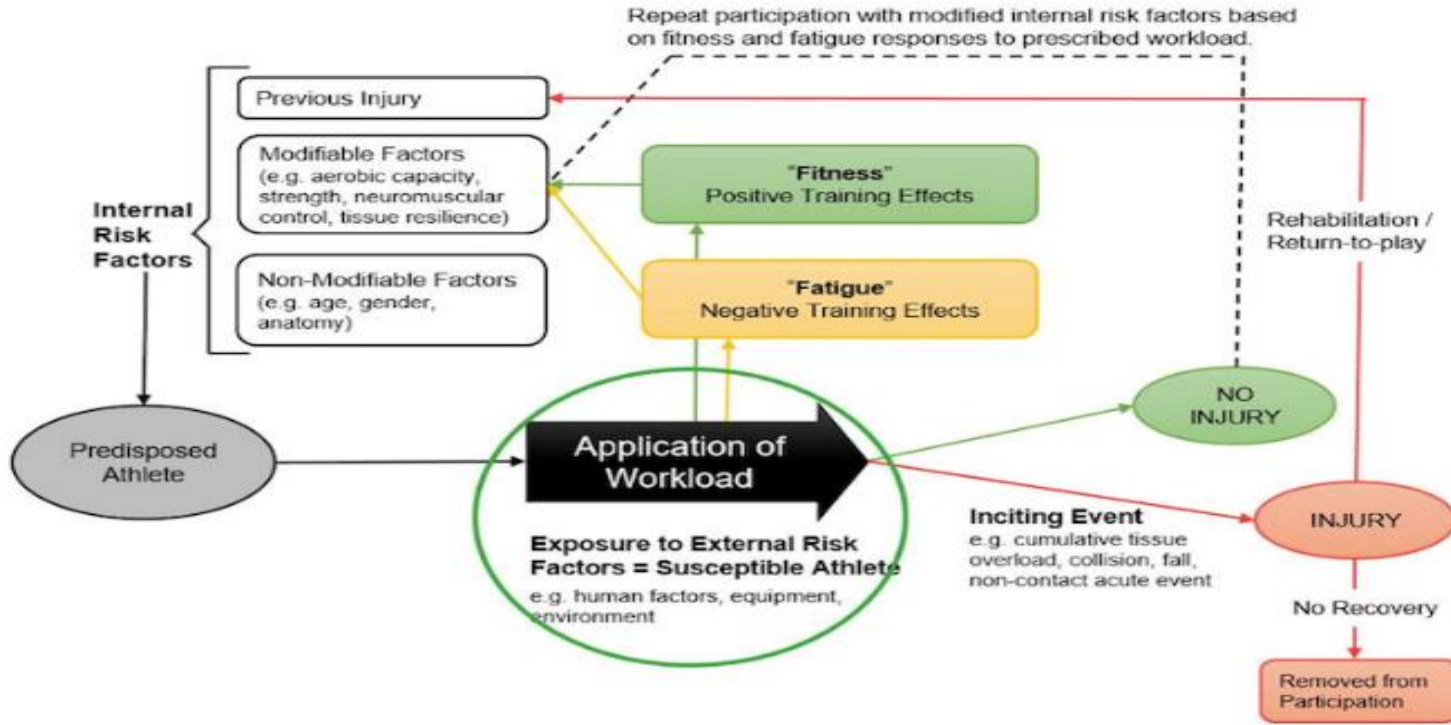
**catapult.**

**P3** PERFORM BETTER



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# + Modifiable vs. non-modifiable risks



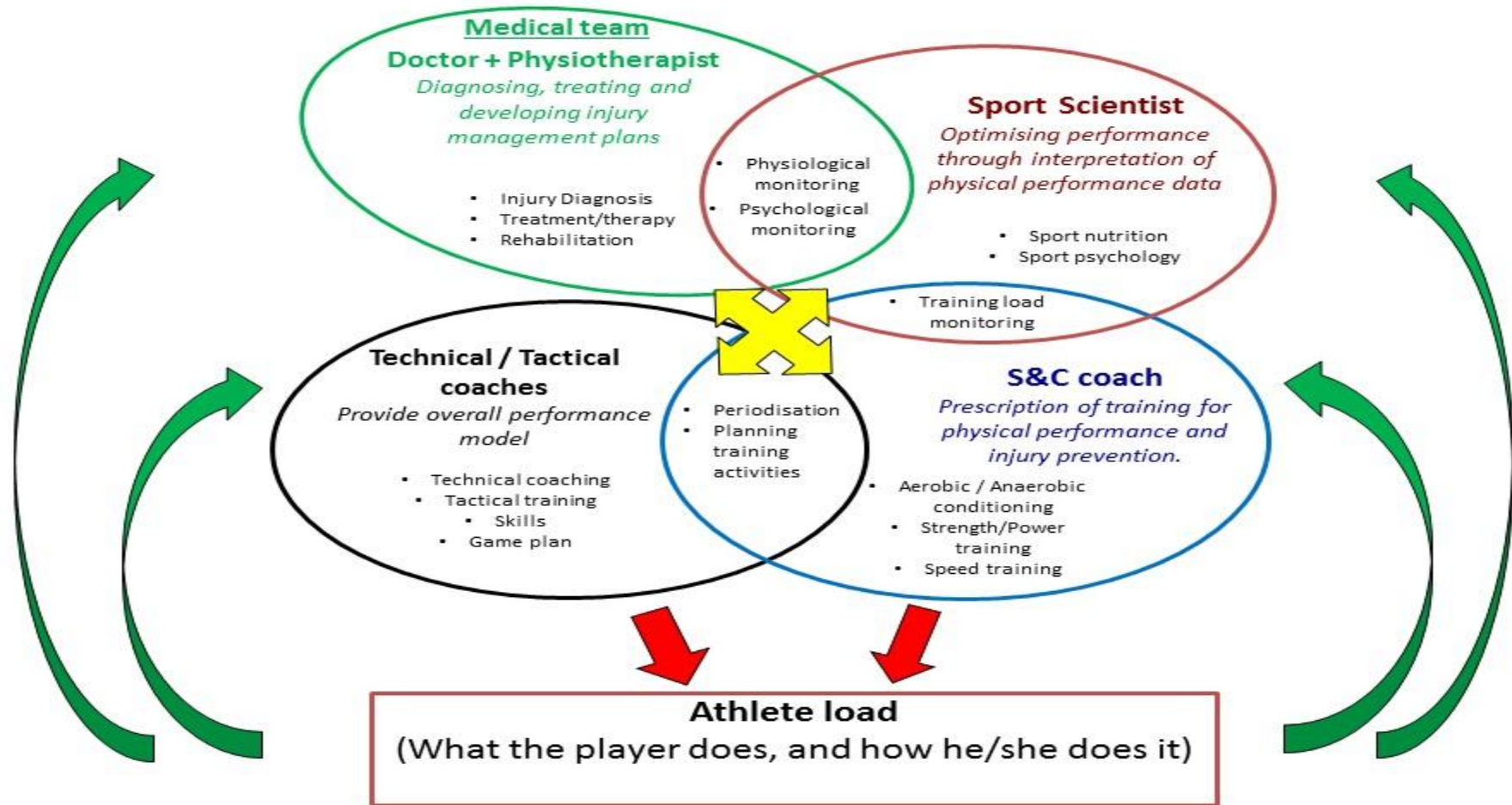
Windt and Gabbett, BJSM, 2016

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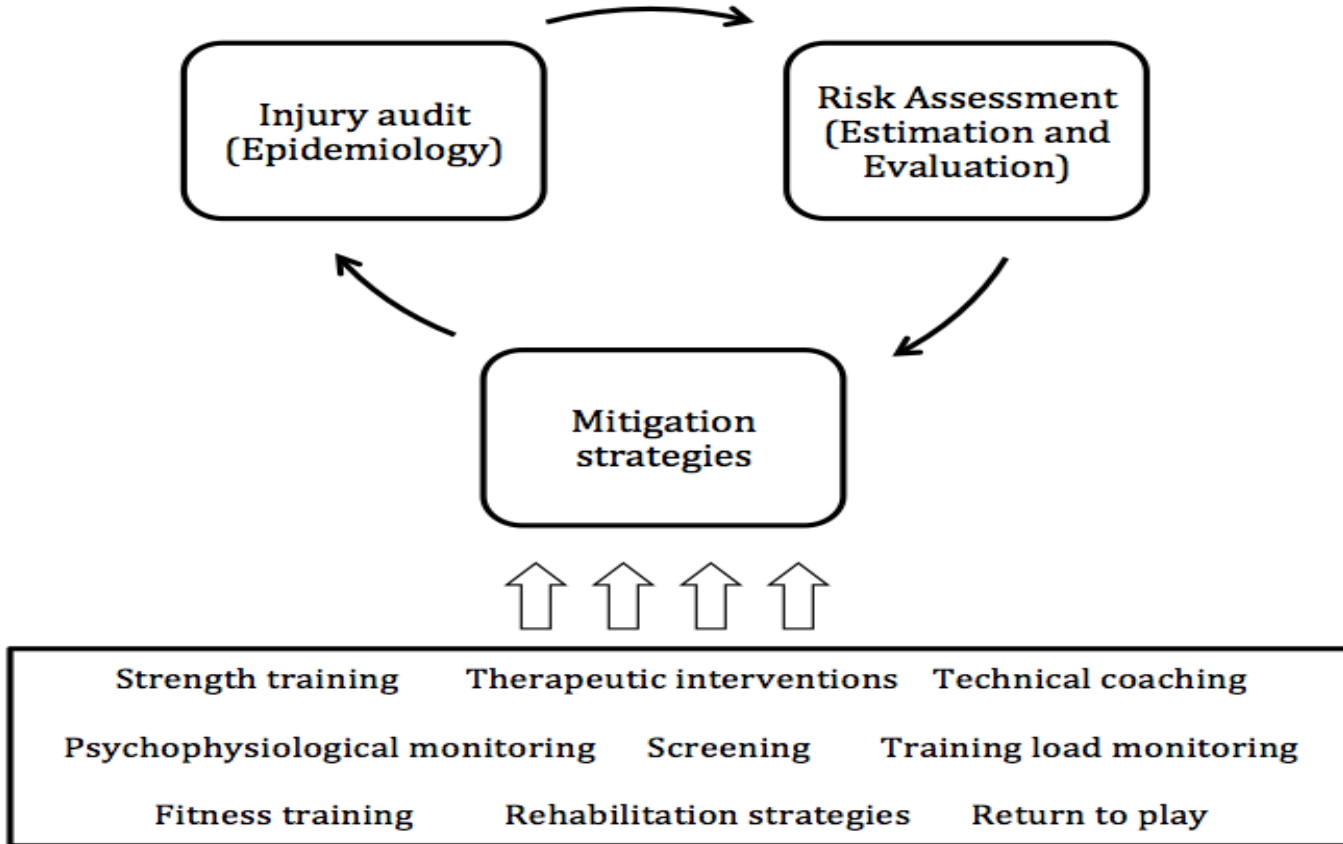


# Multi-disciplinary approach to managing team injury risk





# + 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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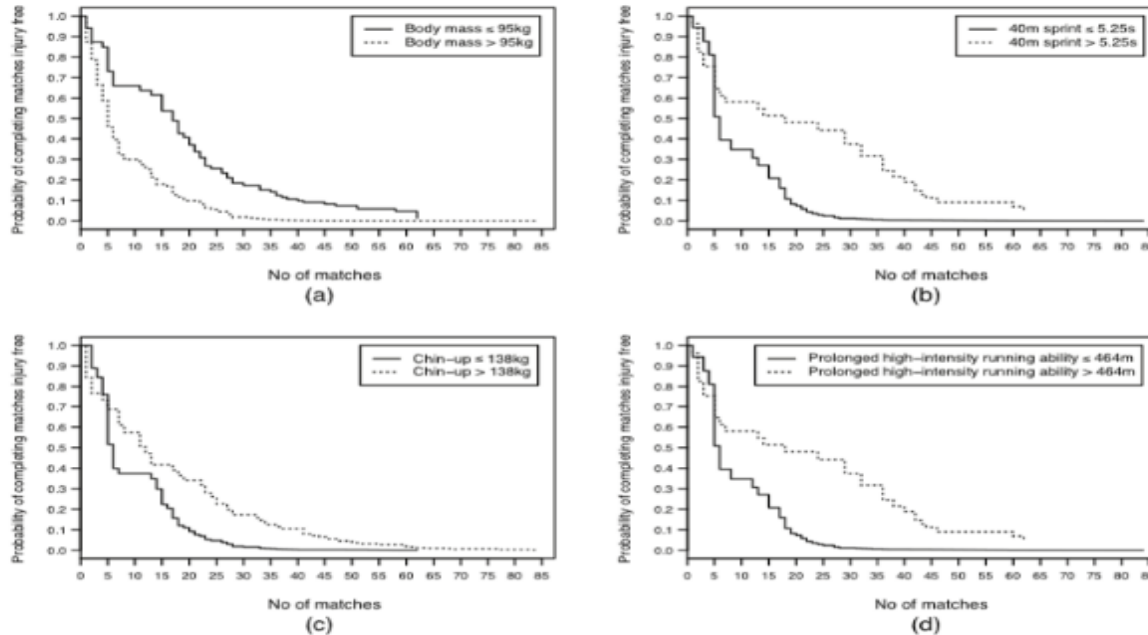
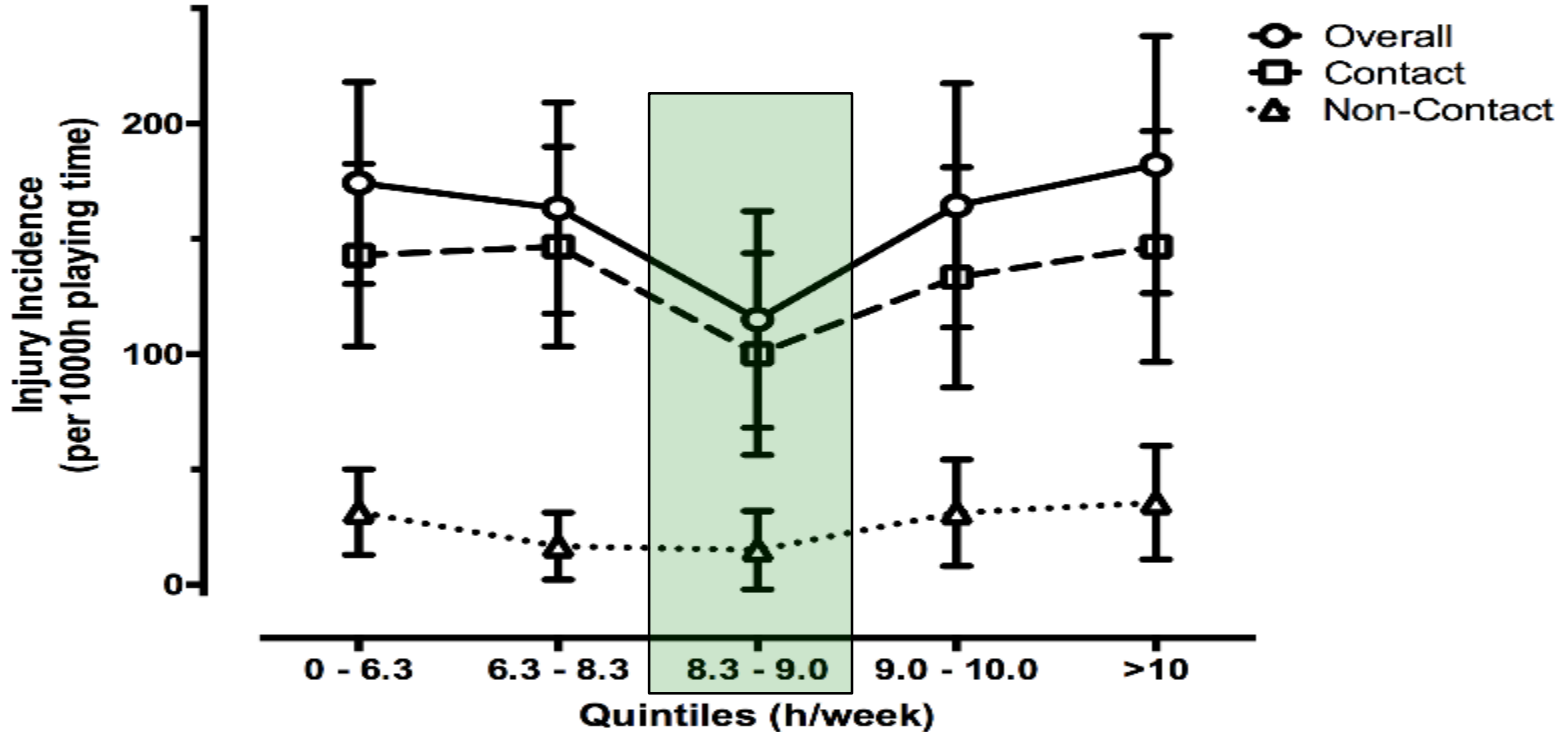


Fig. 1. Standard Kaplan–Meier survival curves for completing matches free of contact injury for 66 professional rugby league players. Four significant (or almost significant) risk factors are shown: (a) high body mass, (b) fast speed (40 m sprint), (c) poor upper-body strength (chin-up), and (d) poor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

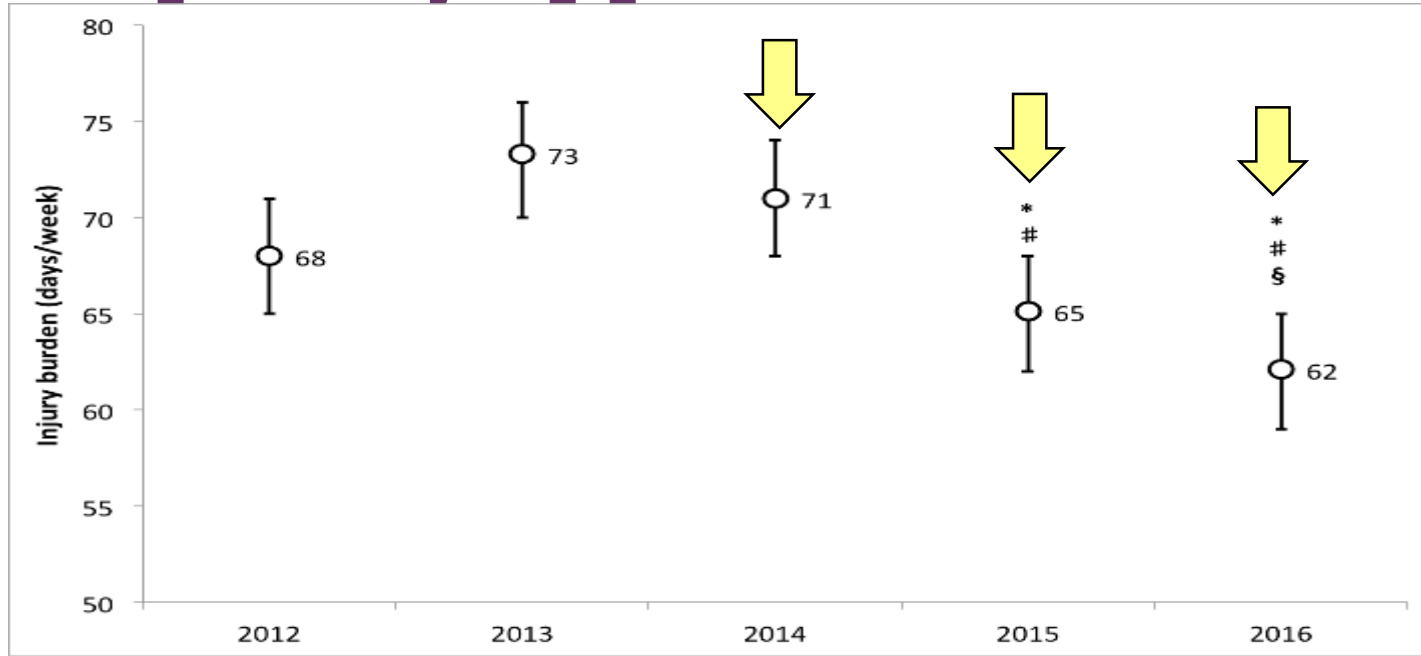


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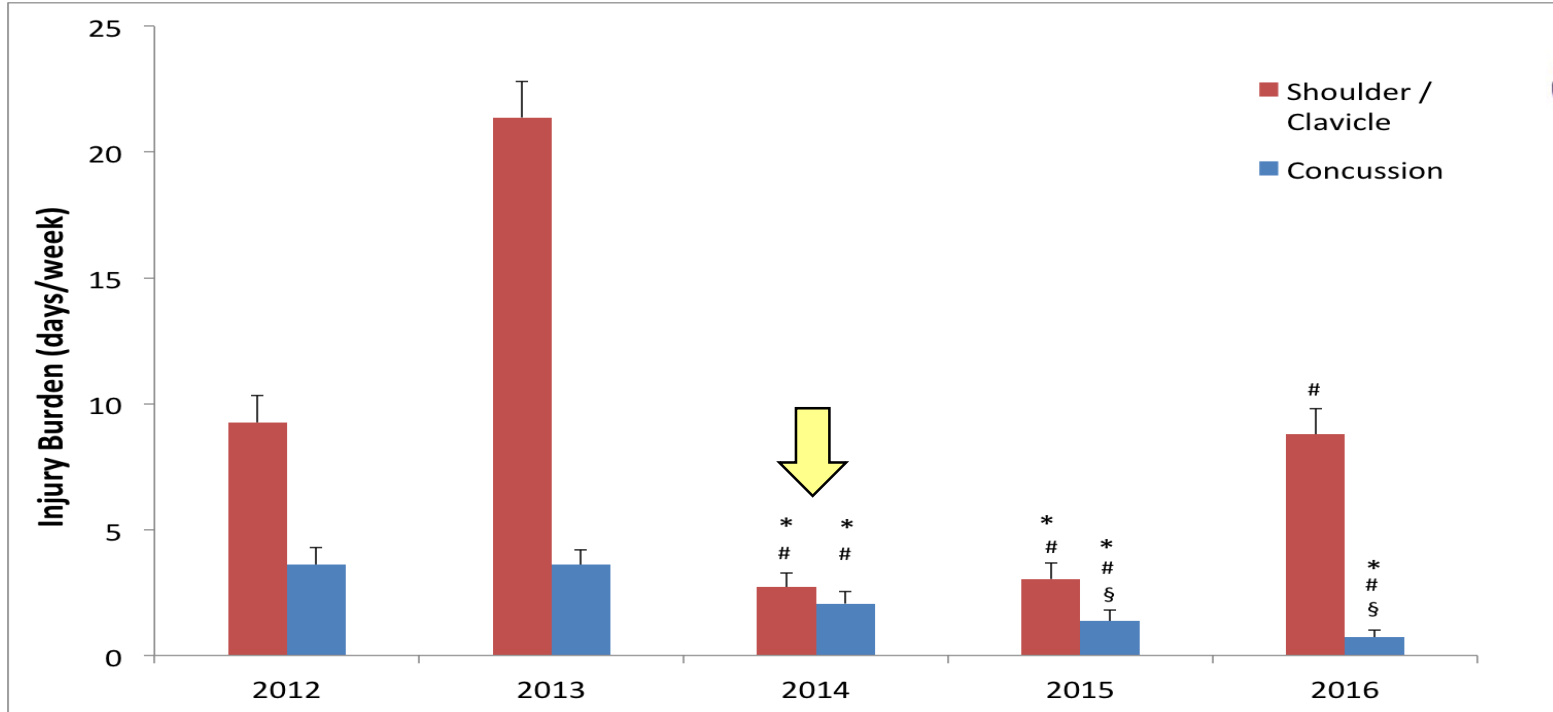
# + Improved monitoring and recovery



# + Effectiveness of the multi-disciplinary approach



# + Reduced injuries



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