



LEEDS
BECKETT
UNIVERSITY

Citation:

Tee, JC (2017) Reducing risk in rugby – A Multi-disciplinary approach. In: The Carnegie Adolescent Rugby Research (CARR) Conference 2017, 12 March 2017 - 12 March 2017, Leeds.

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/4483/>

Document Version:

Conference or Workshop Item (Presentation)

Creative Commons: Attribution 4.0

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.



LEEDS
BECKETT
UNIVERSITY

Dr. Jason Tee



Reducing risk in rugby – A Multi-disciplinary approach



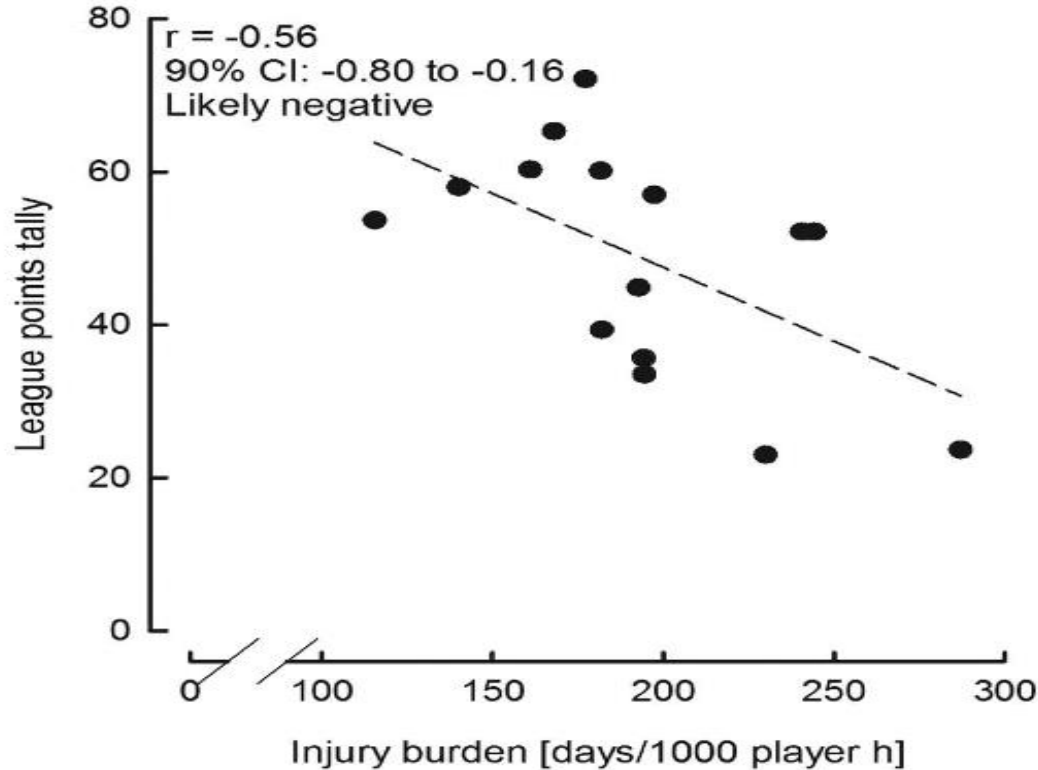
LEEDS
BECKETT
UNIVERSITY
#CARR17



England
Rugby



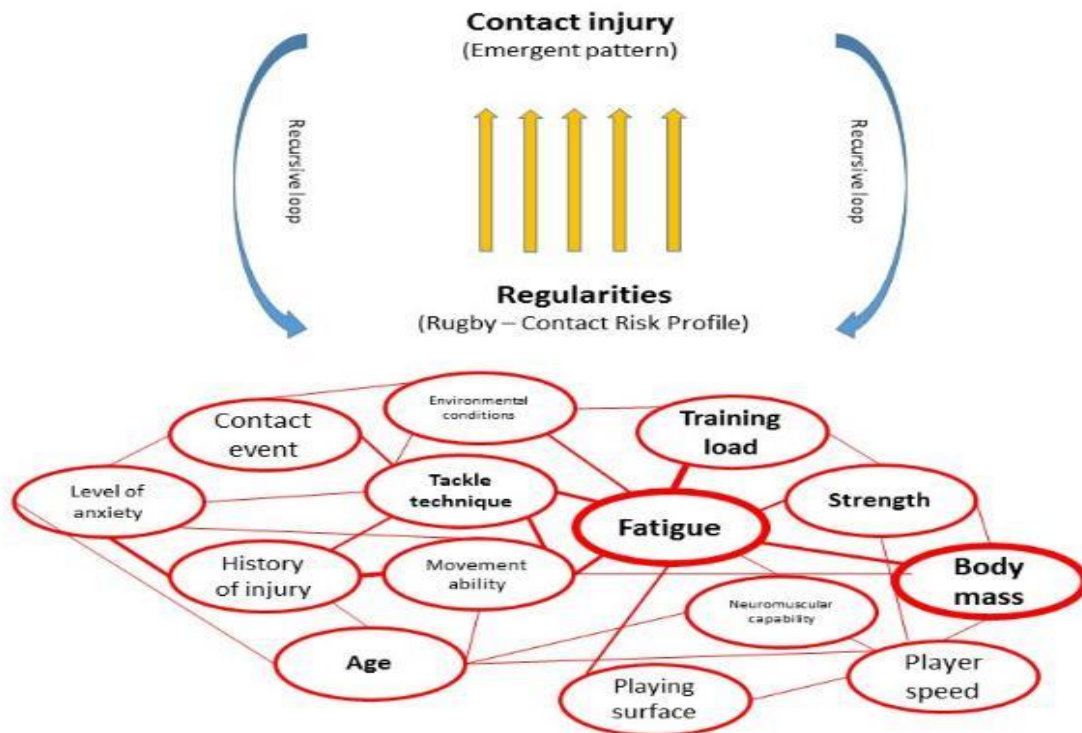
+ Injury vs. Performance



#CARR17



Complex systems model



LEEDS BECKETT UNIVERSITY



catapult.



#CARR17

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



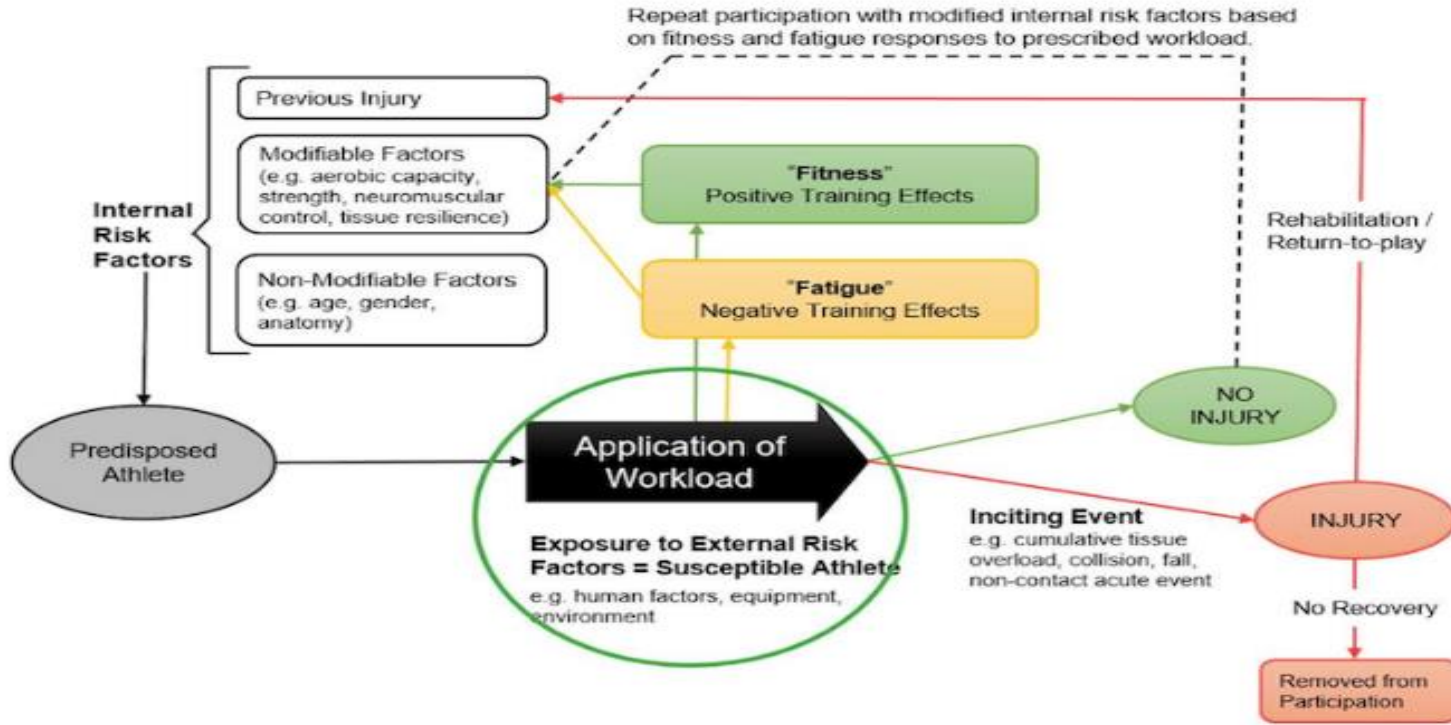
Injuries are complex and multi-factorial

Changing ONE thing is unlikely to change the WHOLE system

+ Use every tool in the box!!!

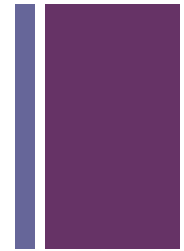


+ Modifiable vs. non-modifiable risks



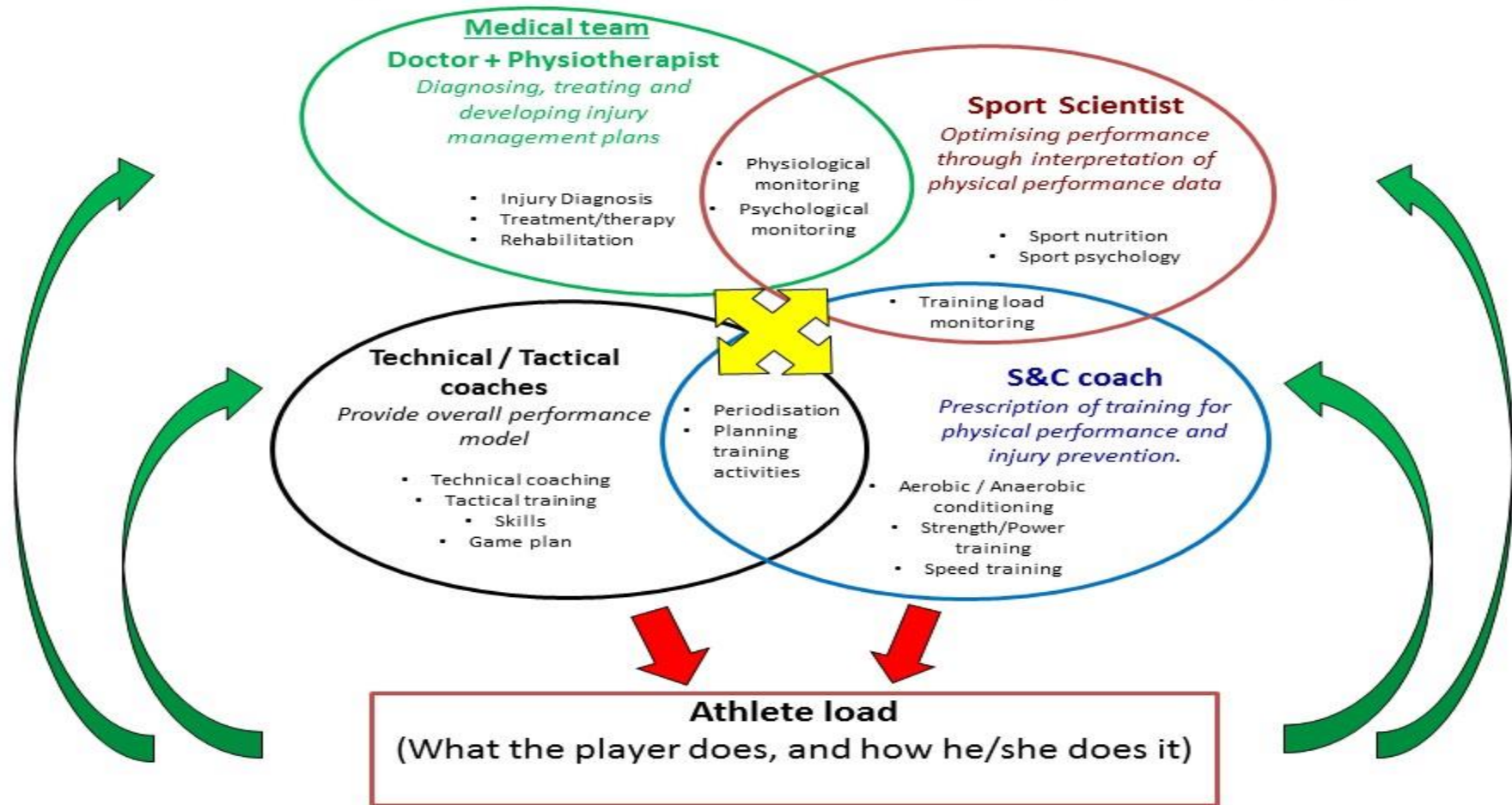
Windt and Gabbett, BJSM, 2016

@JasonCTee

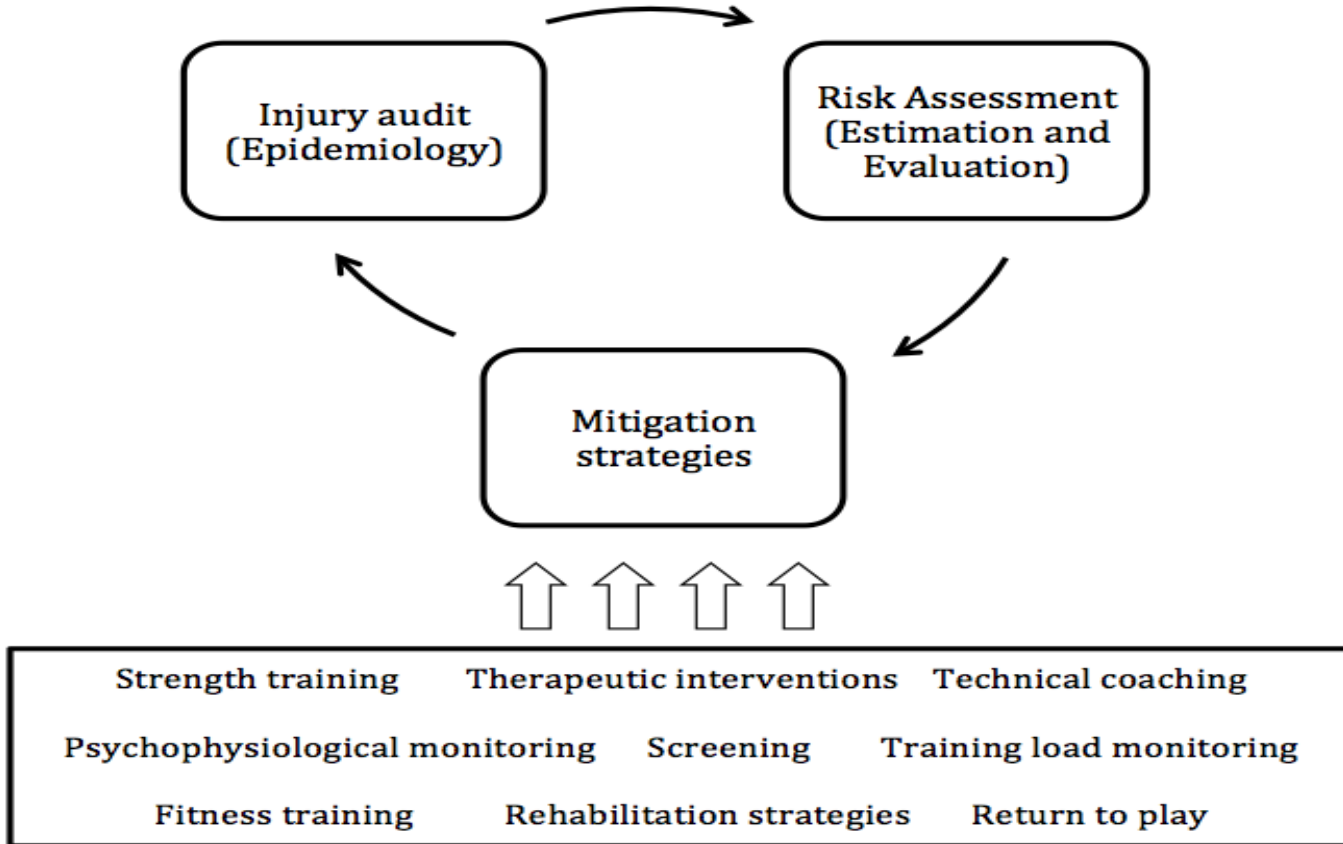


2017/11/28

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

501

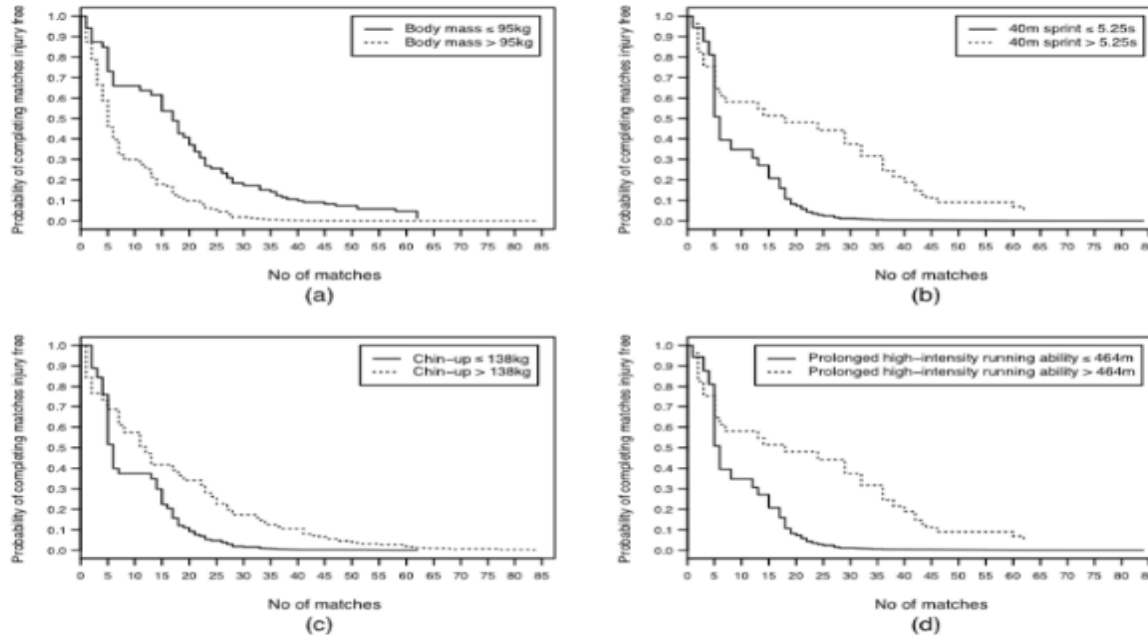
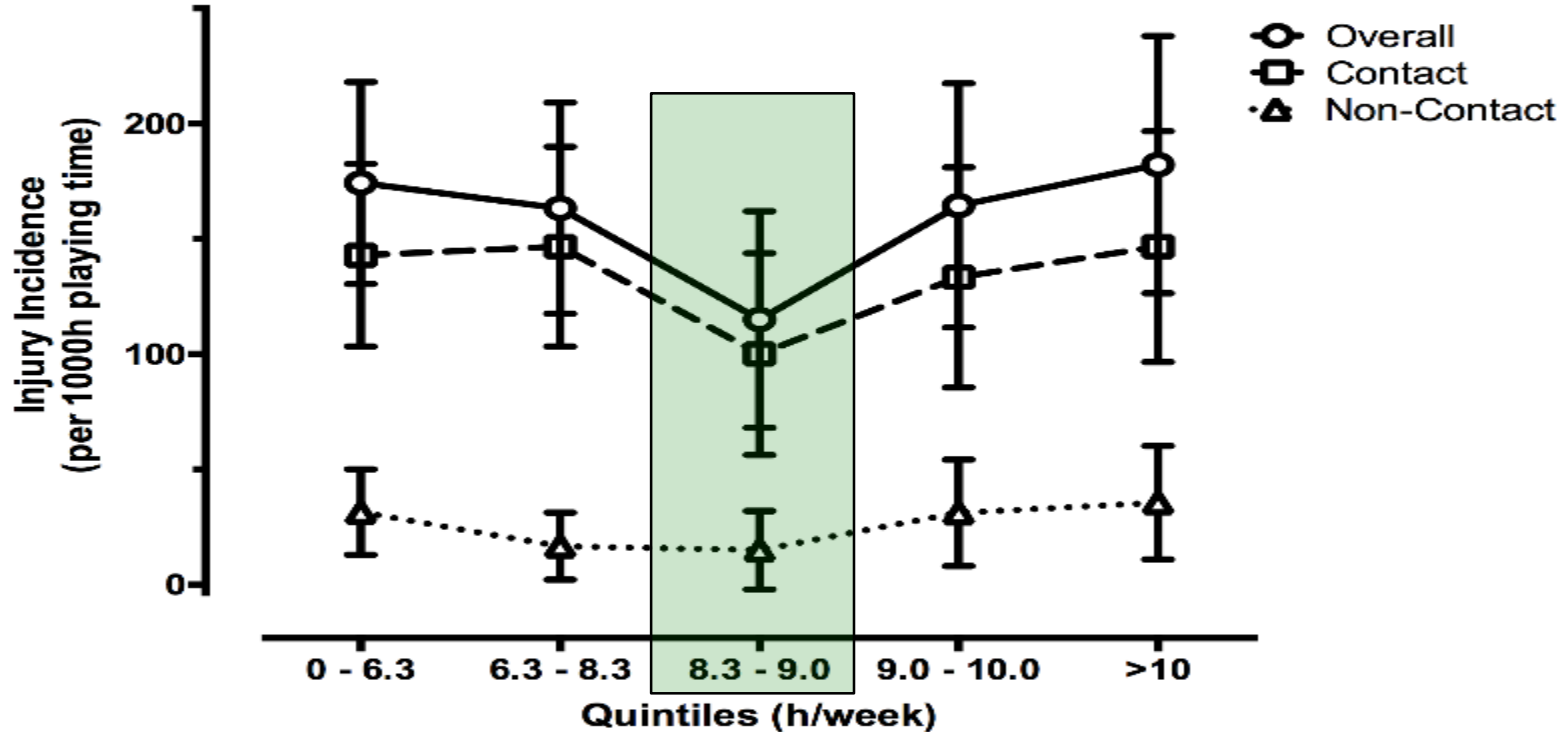


Fig. 1. Standard Kaplan–Meier survival curves for completing matches free of contact injury for 66 professional rugby league players. Four significant (or almost significant) risk factors are shown: (a) high body mass, (b) fast speed (40 m sprint), (c) poor upper-body strength (chin-up), and (d) poor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



+ Correct training prescription



Tee, unpublished observations

@JasonCTee

2017/11/28

+ Coaching contact technique frequently



LEEDS
BECKETT
UNIVERSITY



catapult.

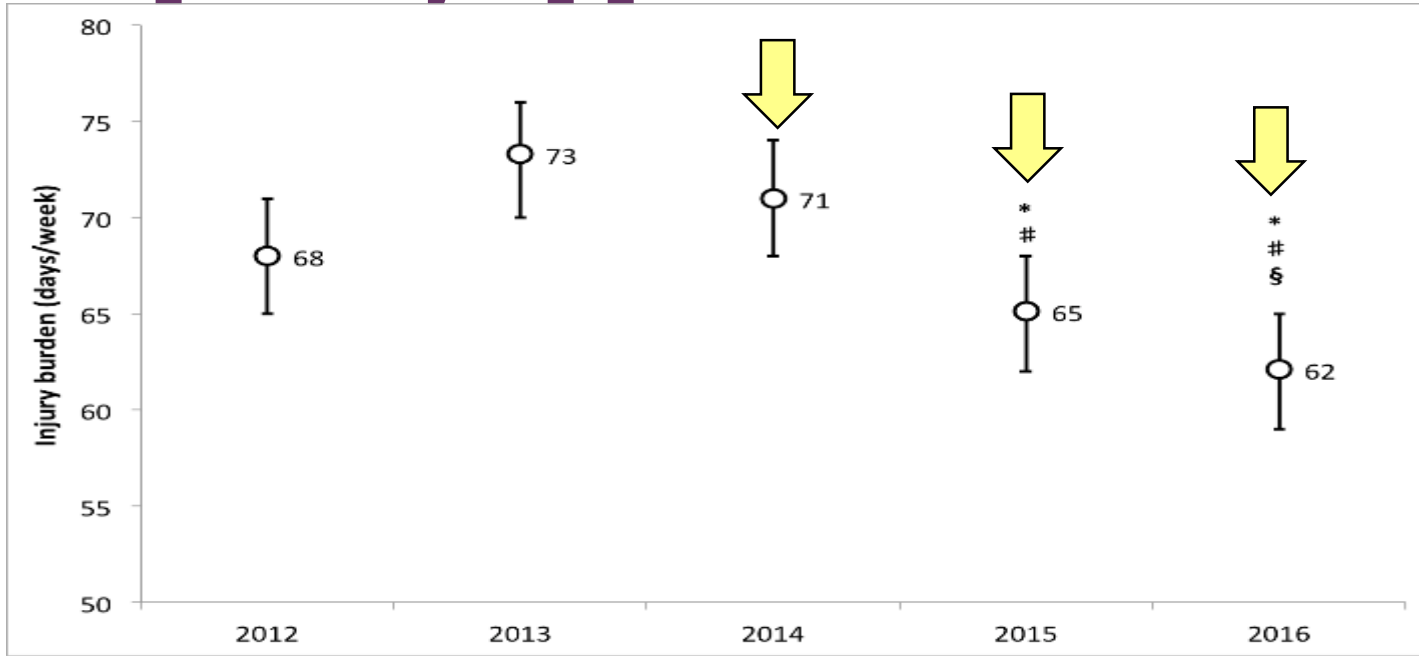


#CARR17

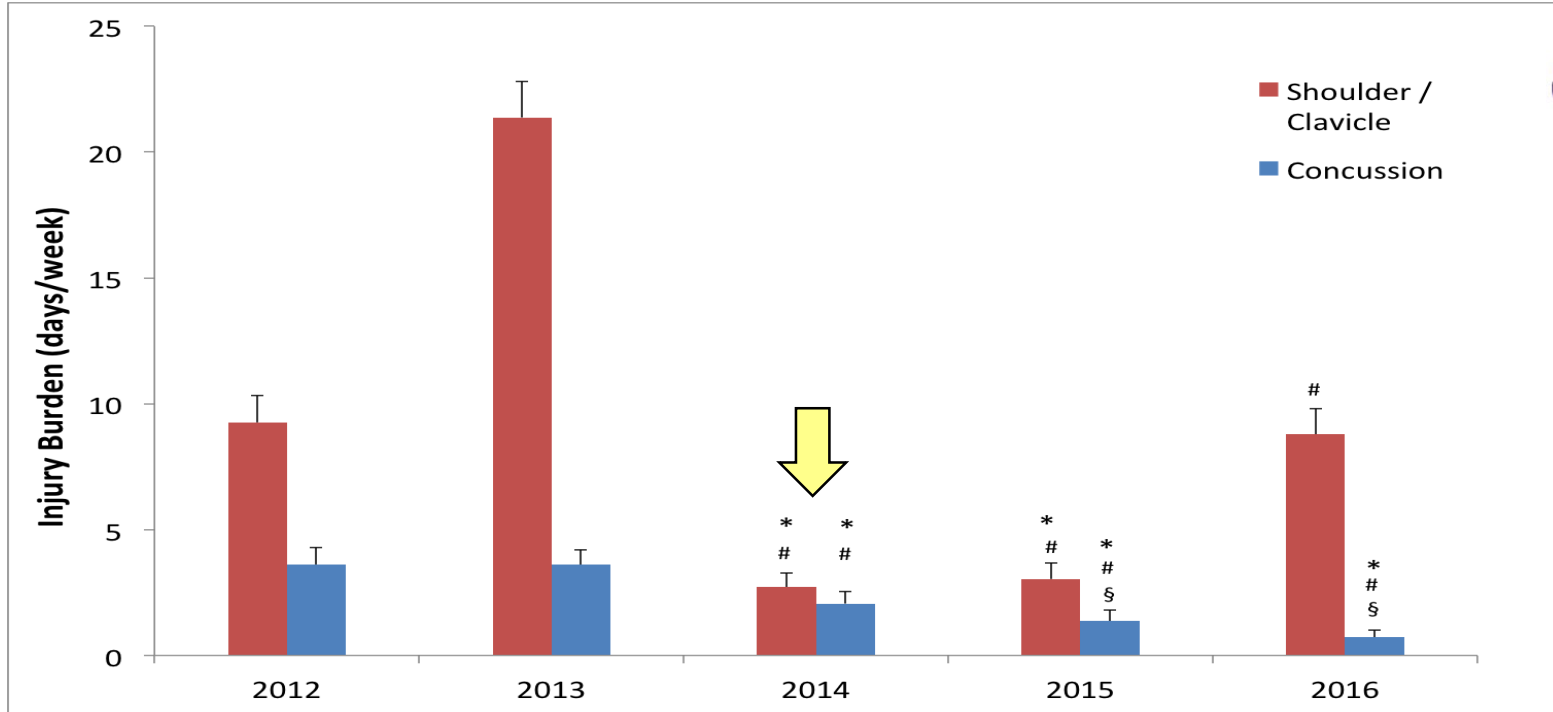
+ Improved monitoring and recovery



+ Effectiveness of the multi-disciplinary approach



+ Reduced injuries



#CARR17