

Sports Injury Surveillance Study and Injury Prevention in Japan

-Focusing the ACL injury prevention-

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[abstract]

Recently sports medicine has the certain trend from the treatment of injured athletes to the injury prevention. Injury surveillance study is the first step for the injury prevention. Japan Amateur Sports Association (JASA) started injury surveillance study project from two years ago. The data of the National Agency for the Advancement of Sports and Health (NAASH) showed the high incidence rate of the anterior cruciate ligament (ACL) injury in female senior high school basketball payers. Most of these cases were non contact injuries. From the Model-Based Image Matching (MBIM) method by Koga et al., the injury mechanism becomes obvious. It is due to the valgus internal rotation of the knee at the time of landing and turning. There are several world famous ACL injury prevention programs, in which not only the muscle training but also the core balance training is emphasized to prevent the valgus knee position. For the female basketball players we made a special prevention program in 2007. We also applied the FIFA11+ program for the collage football players and junior female football players for these several years. We would like to talk about the result of these clinical applications.