

Title:

Does intensive pre-season strength training protect rugby players from non-contact injury?

Word Count:

870

Summary:

Players at a leading Australian rugby club who undertook a high-intensity off-season strength

Keywords:

rugby,pre-season,off-season,non-contact injury,basic strength,hamstring strain,muscle strain,e

Article Body:

Each year the Sydney University Football Club selects a group of players for its Elite Develop

At the conclusion of the season the Club's doctor, Katherine Rae, and physiotherapist, Keiran

More specifically, among the 36 players who completed the full EDS program there was "only one

Two non contact injuries in over 1000 hours of playing time is an extraordinarily low figure i

It is obviously unwise to attach too much significance to the experience of one club over a si

 Duration and intensity of the training program

An off-season involving around 90 uninterrupted training sessions creates a near ideal opportu

The EDS squad also had on-campus access to physiotherapists, doctors and nutritionists plus re

 Emphasis on basic strength development

Strength and conditioning in the EDS program was structured and administered by Martin Harland

Use of the ScrumTruk

In addition to their free weights exercises the group regularly used the rugby specific MyoQui

But its main benefit in injury minimization may be in relation to the hamstrings. The ScrumTru

The low injury incidence by Sydney University's elite training squad seems to suggest that oth

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