

Challenges when implementing and evidence-based exercise injury prevention training program in community-level sport: A case study

The aim of this paper was to highlight key “real world” challenges when implementing an injury prevention exercise program in a community sport setting. Several challenges that occurred during the implementation of the PAFIX study were discussed throughout.

Type of challenge	Challenge	Response to challenge
Player-related	Varying levels of fitness	Two staff members to each club with knowledge of appropriate progressions and regressions to exercise components within the program.
	Late to training	PAFIX staff organized with coaches and players to execute the warm-up later in the training session.
	Did not attend training	If too many sessions were missed exercise intensity was modified to ensure that progressions were appropriate the players fitness level.
Coach-related	Perceived lack of adequate knowledge to implement into coaching practice.	PAFIX staff at each club actively sought to educate club coaches about the benefits of injury prevention training. Coaching staff became engaged in the individual progressions of injured players.
Environmental/Equipment Factors	Inclement weather	Due to extreme drought during a portion of the first season of the project, followed very wet weather in the second training often had to take place on synthetic turf, tennis courts of indoors. Several clubs missed 3-4 training sessions, in response to this challenge the PAFIX staff reduced the number of maintenance weeks within the program to ensure the in-season cycles were completed.
	Inappropriate footwear	Due muddy and wet grounds players did not want to wear running shoes to perform the PAFIX exercises then change into football boots for the remainder of the training. The PAFIX relocated the location of the balance equipment to drier area of training facility so players could wear running shoes and then change into football shoes.
	Mini trampolines	When the conditions were wet and muddy, the legs of the mini trampoline would sink into the ground. Wooden bases for the trampolines were made prevent sinking

How this research can be of use

- Successful implementation of an injury prevention exercise program into a “real world” environment requires several barriers to be overcome.
- Coaches should be actively involved in the delivery of the exercise program
- Adequate amounts of staff members should be available to deliver modified programs to players as needed
- Contingency plans to accommodate for environmental and equipment challenges should be developed prior to implementation.

Published source:

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