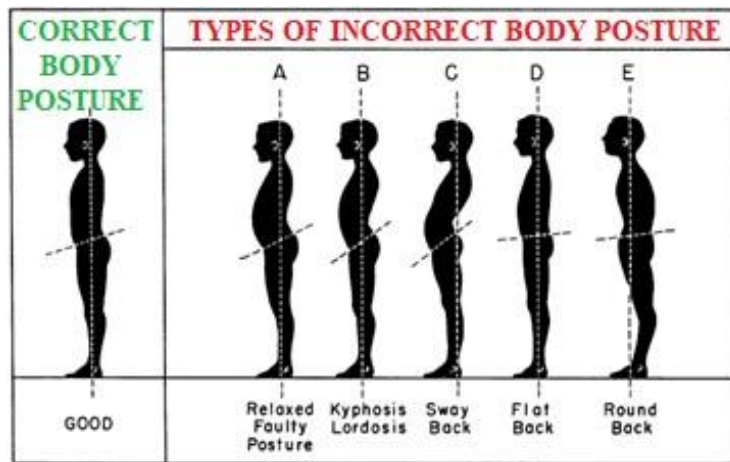


Why does my child not run like his teammates? **Why is it so difficult to change direction?** Why is he/she constantly injured? **What prevents him/her from performing like last year?** What can I do?

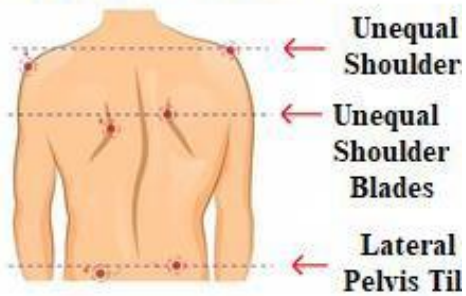
How can I help my child?



INJURY PREVENTION & PERFORMANCE IMPROVEMENT GUIDE



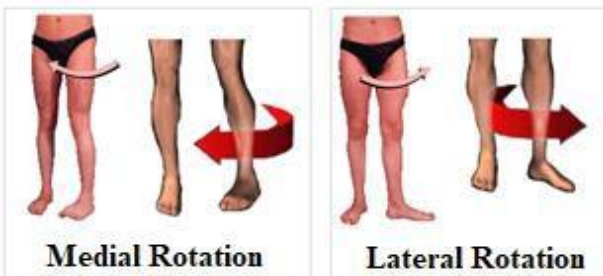
Scoliotic Posture



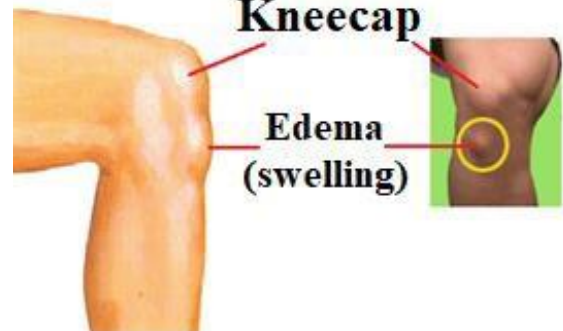
KNEES



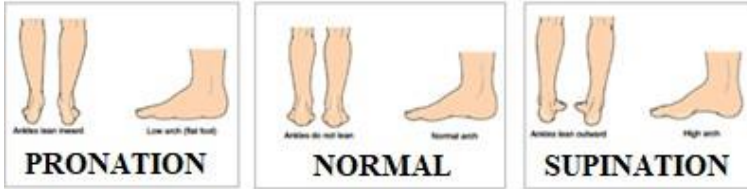
HIPS



Kneecap



PRONATION & SUPINATION



Groin Pain ←



Sciatica (pain) ←



Hamstring Tightness (Biceps, Semitendinosus, Semimembranosus)



Low Back Pain

Ankle Sprain



Tips



- ⚽ Due to growth, your child's body changes every 3-4 months (e.g. height, weight, walking, jogging, posture).
- ⚽ Growth creates asymmetries in their body and muscles dysfunction, resulting in predisposition and increased injuries, and decreased performance.
- ⚽ Frequently observe your children. YOU can protect them from injuries and preserve their football performance.
- ⚽ There is a solution with proper individual evaluation and targeted individual corrective intervention.

