
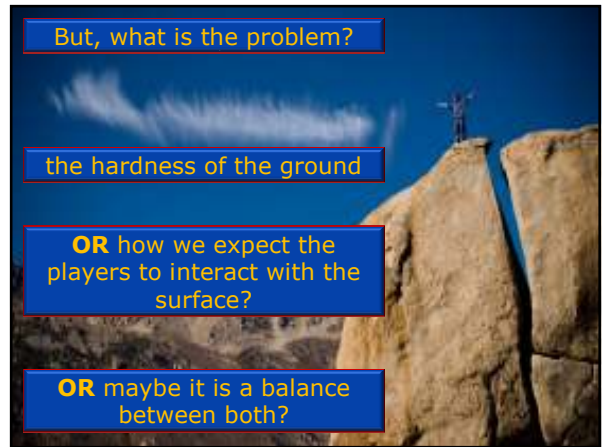


Hard grounds & injury: What are the implications for training?




Dr Natalie Saunders
School of Human Movement & Sport Sciences

CROOS Provider Number 90103D



First, what is loading?



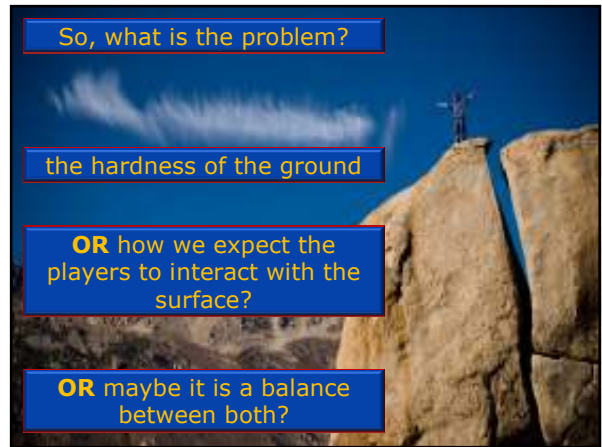
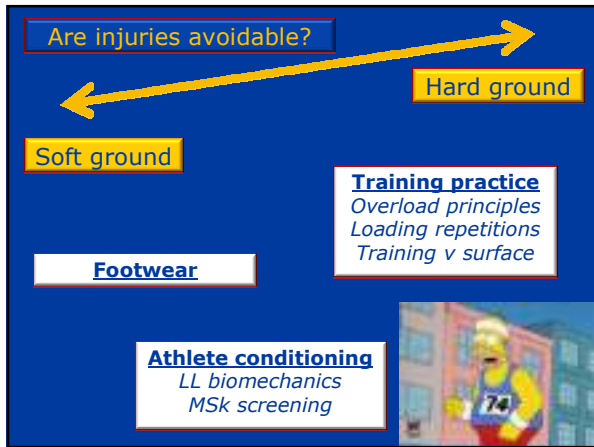
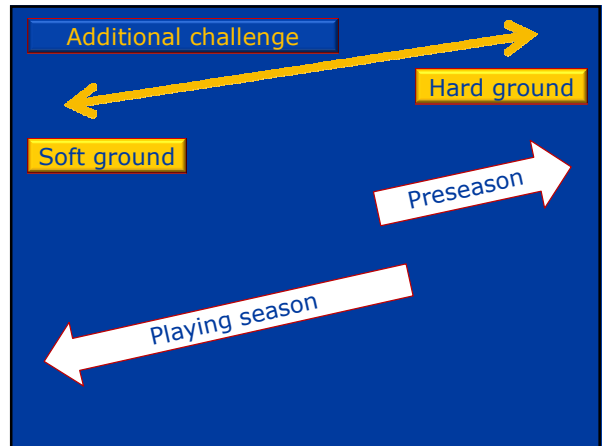
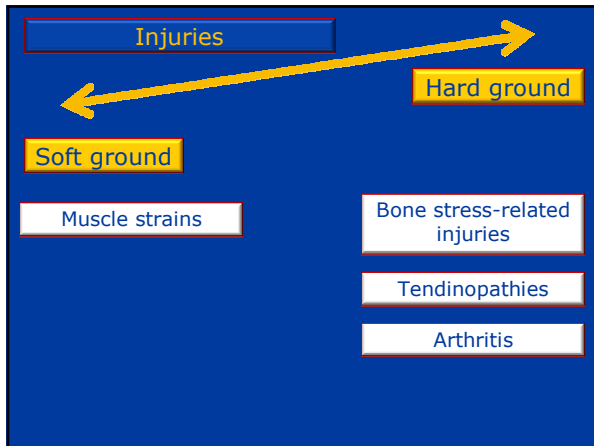
Any force that
produces
mechanical stress
on biological
tissues eg. muscle,
bone, soft tissue
structures

Injury results when loading exceeds the
capacity of the tissues

Characteristics of play

Soft ground ← → Hard ground

slower	running speed	faster
similar	ground reaction forces	similar
< magnitude	collisions	> magnitude
generation	muscle fatigue	dissipation
reduced	traction / braking	increased





THANK YOU

