



---

**FERNTREE GULLY EAGLES FOOTBALL CLUB**  
**Trainers Information Evening**  
**Thursday 3 April 2008**  
**HEALTH AND WELLBEING**

---

**PURPOSE**

The Trainer Co-ordinators arranged for a guest speaker to talk on issues of “*Health and Wellbeing within a football context*”. As a result a local Physiotherapist, Tim McCurdy from Rowville Health, was invited to talk on this topic from a Physiotherapist perspective. A total of twenty five people participated and attended this session.

**CORE STRENGTH**

Tim spoke of the need to strengthen back and abdominal areas in a bid to prevent many other injuries within a football context. He spoke of the need to have the correct equipment to help which included:

- Gym equipment
- Ice-Packs
- Tables for massaging and treatment
- Bikes

The discussion and presentation was divided into the following sections or categories:

- ***Injury management***
- ***Injury Prevention***
- ***Eating habits***
- ***Alcohol***

**INJURY MANAGEMENT**

Tim emphasised the use of ice to treat an injury – not the use of heat. Ice should be used for 20 mins every 2 hours throughout the time of rehabilitation – and not just for a couple of days.

Tim introduced the RICER concept which is an acronym for:

- **R** - Rest
- **I** – ice
- **C**- Compression
- **E** - Elevation
- **R** – Referral

**INJURY PREVENTION**

In order to prevent injury as much as possible, the following aspects were considered critical:

- Conditioning (and preparation) of players
- Ensure players are 100% (not 80%) on game day

- Stretching before exercise (minimum stretch time is 15 seconds per exercise 6 to 7 times per day)
- Cool Down (after every exercise)
- Ice

## **EATING HABITS**

3 important ingredients

- Carbohydrates – *eg: pasta, rice, etc.*
- Fluids – *2 to 3 litres of water per day*
- Iron – *red meat, vegies, etc.*

Pre match

- Cereals
- Pasta
- Rice
- Vegies
- Fluids – *water*

Recovery

- Sugars
- Lollies – *jelly beans, snakes*
- Fluids - *water*

## **ALCOHOL**

Effects on performance

- Slows reflexes
- Increases body heat loss
- Decreases endurance

Effects on injuries

- Dehydration
- Increased chance of tearing

“Johnola” syndrome

- Fevola/Johnson – not considering the team

## **CONCLUSIONS**

1. Acute injury management
2. Prevention
3. Diet
4. Alcohol
5. Onus on self

Caffeine – massive dehydration

Protein not essential for performance (but balanced diet needed overall)

**Frank Compasso**

**Lisa Mack**