



**BARÇA
INNOVATION HUB**

FC BARCELONA INJURY EPIDEMIOLOGY AND MANAGING MUSCLE AND TENDON INJURIES IN WOMEN'S FOOTBALL ELITE

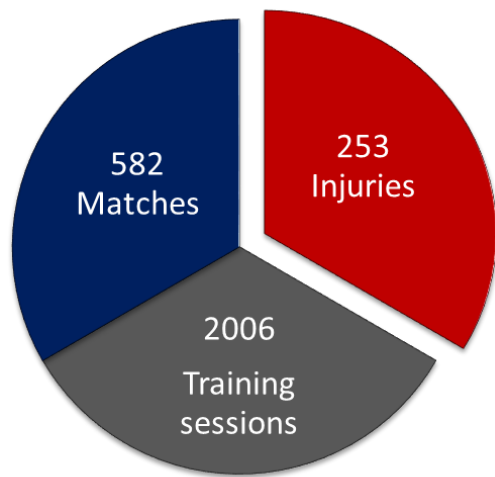
Eva Ferrer, MD

FC Barcelona Medical Department, Barcelona, Spain

Female football Team Doctor

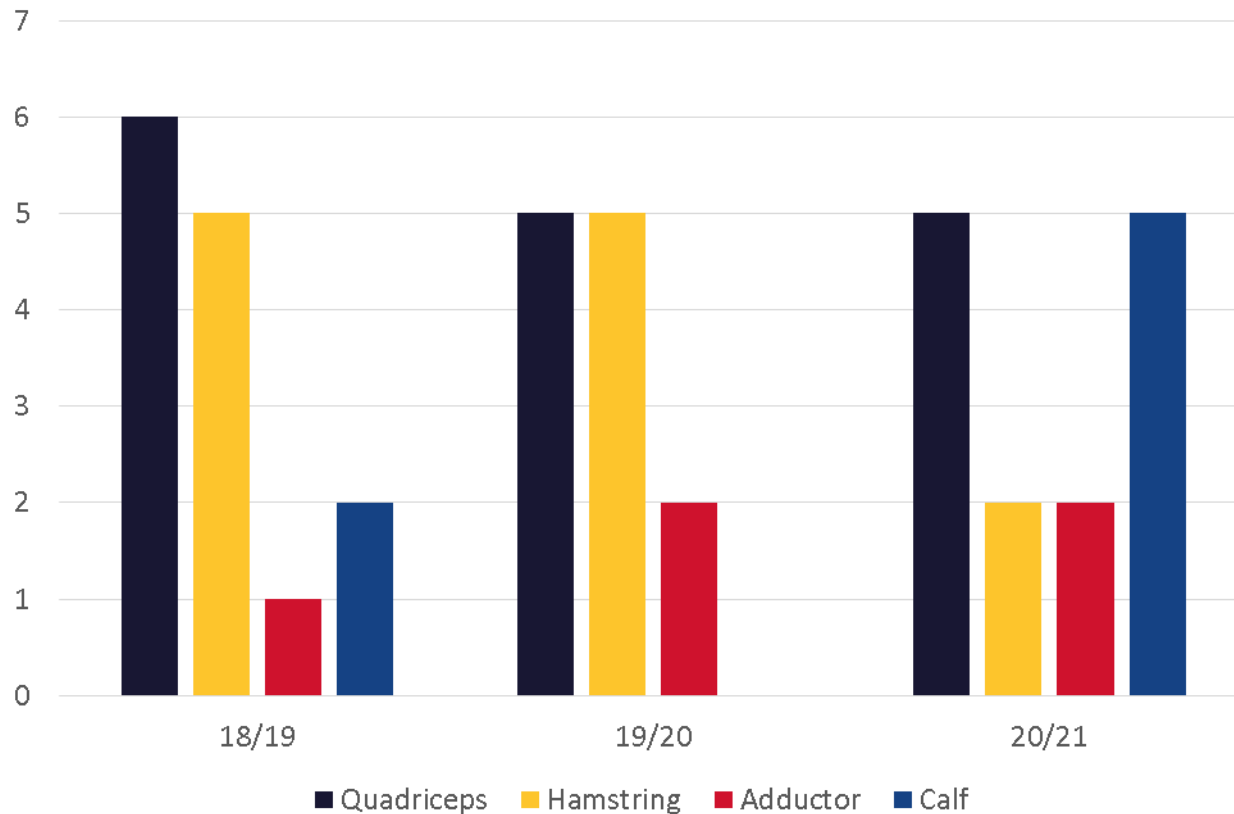
VFBV Conference May 10th 2022

FEATURES FOR SEASON 2018-19, SEASON 19-20 AND SEASON 20-21





INJURY LOCATION

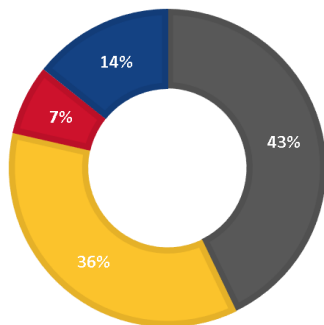




PERCENTAGE INJURY LOCATION PER SEASON

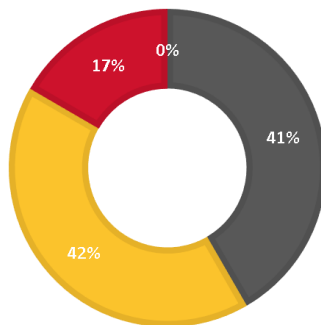
SEASON 18/19

■ Quadriceps ■ Hamstring ■ Adductor ■ Calf



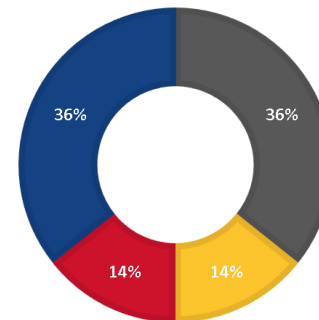
SEASON 19/20

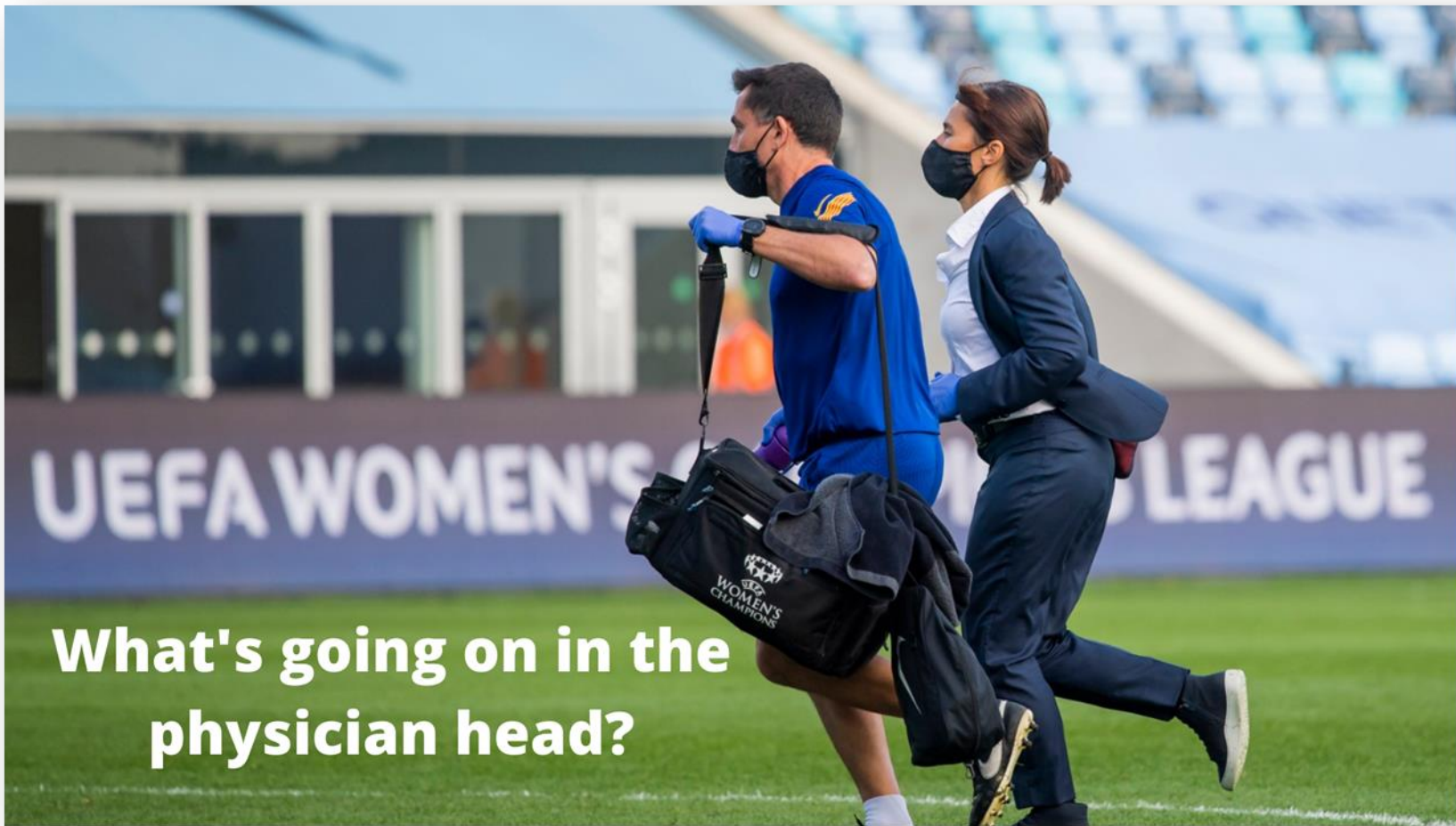
■ Quadriceps ■ Hamstring ■ Adductor ■ Calf



SEASON 20/21

■ Quadriceps ■ Hamstring ■ Adductor ■ Calf

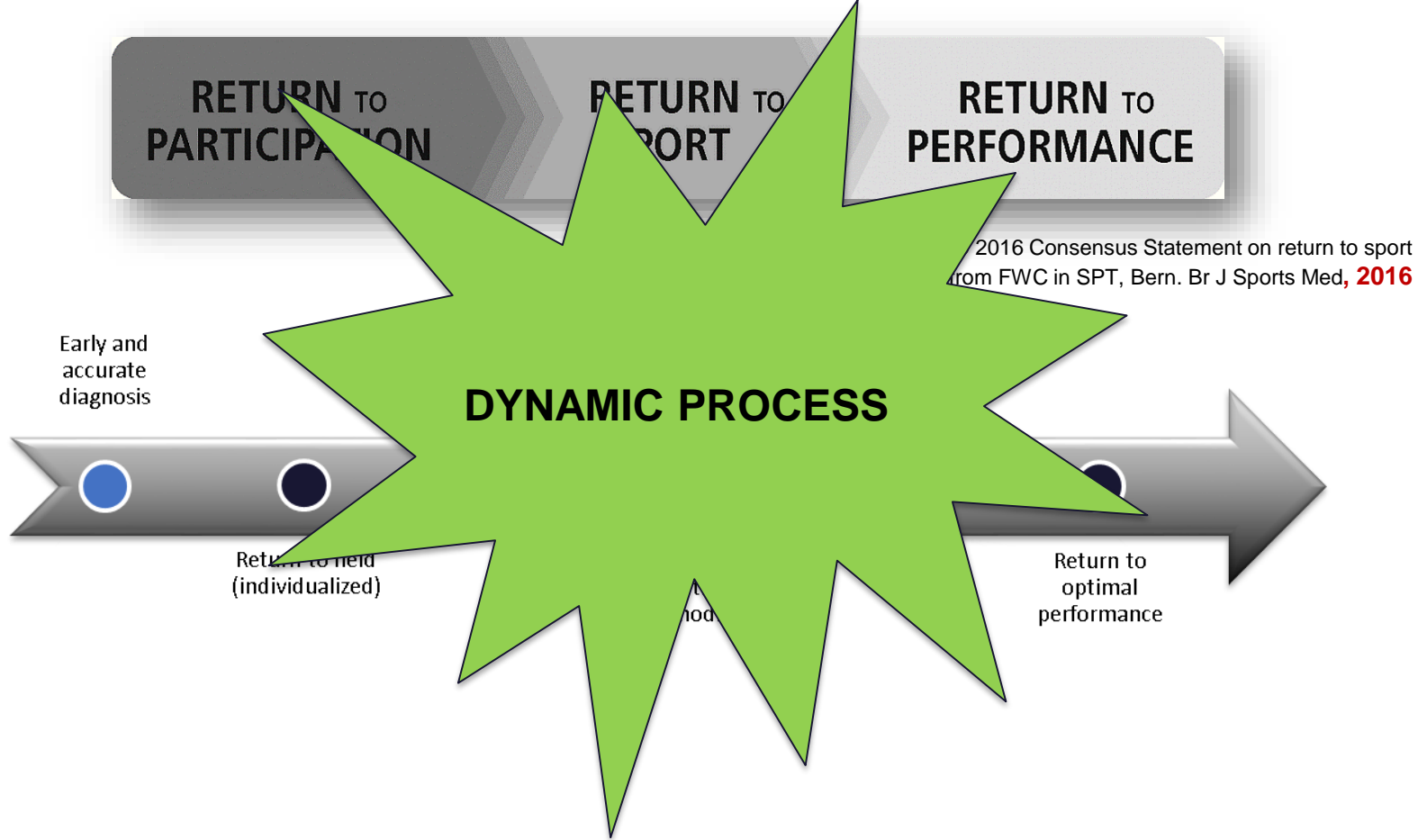






Return to Play: objectives at a high performance team





PLAYER SPECIFIC FACTORS

AGE

TEST
RESULTS

PREVIOUS
INJURIES

MENSTRUAL
CYCLE

POSITION



RISC TOLERANCE MODIFIERS

SEASON
PERIOD

DOMESTIC
CALENDAR

INTERNATIONAL
COMPETITION

FINANCIAL
ISSUES

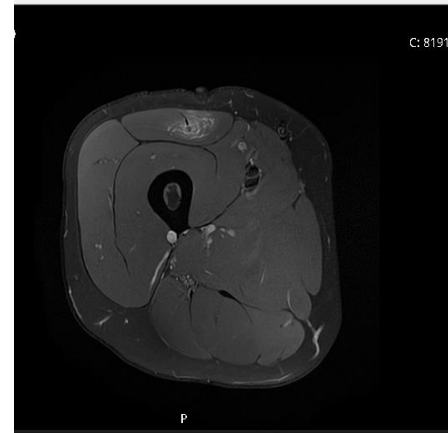
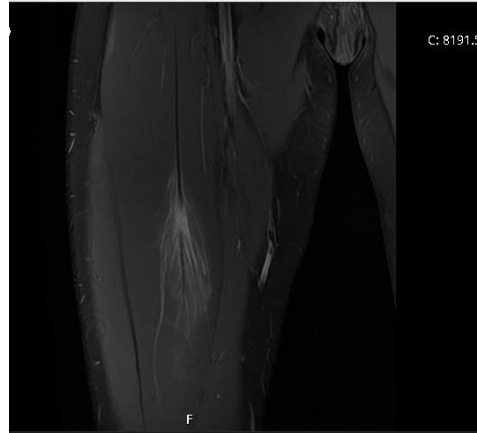
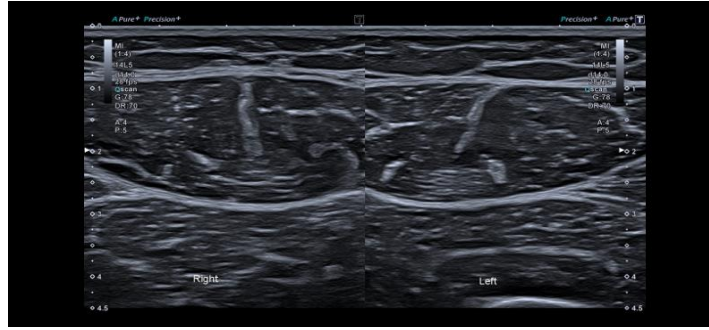
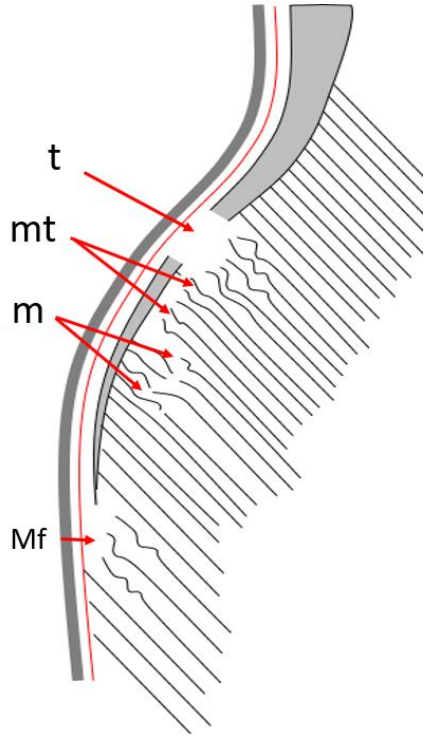
AVAILABILITY OF OTHER
PLAYERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3 	4	5
6 	7	8	9	10	11	12
13 	14	15	16	17 	18	19
20	21	22	23 	24	25	26
27 	28	29	30 	31	1	2



DIAGNOSIS

Early and Accurate



T: tendinous

MT: myotendinous

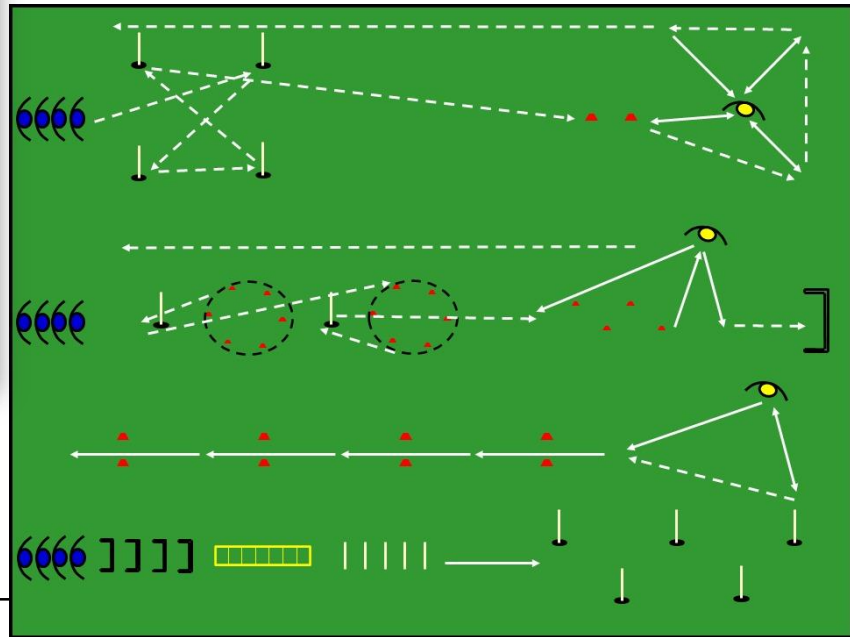
12

M: muscular



RETURN TO FIELD

Individualised

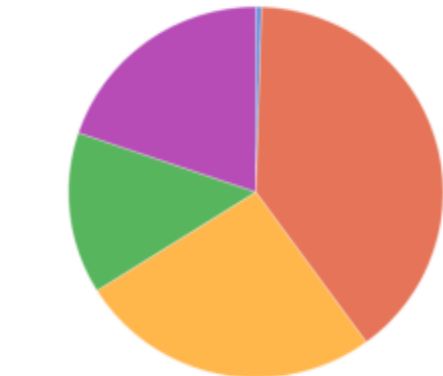




RETURN TO TEAM TRAINING

Modified / Partial participation

High Metabolic Load Distance



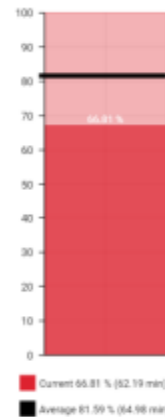
Activacio	0.50 % (3.79 m)
Partit 11v11	39.47 % (300.99 m)
Joc de posicio 6+6+2v6	26.13 % (199.29 m)
Control/passe	14.07 % (107.30 m)
Joc de situacio 9v9+1	19.83 % (151.20 m)

Duration

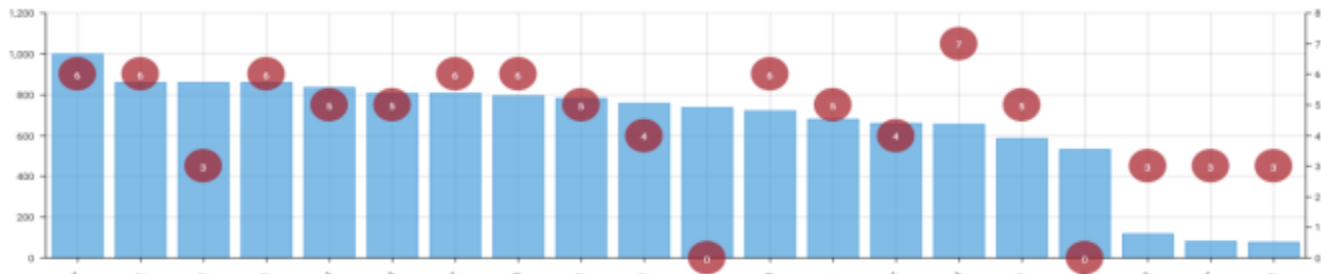


Activacio	6.01 % (3.74 min)
Partit 11v11	26.83 % (16.69 min)
Joc de posicio 6+6+2v6	28.09 % (17.47 min)
Control/passe	20.83 % (12.95 min)
Joc de situacio 9v9+1	18.24 % (11.34 min)

Effective Time



High Metabolic Load Distance - Rating Of Perceived Exertion





RETURN TO **FULL** TEAM TRAINING

Unmodified



RETURN TO MATCH PLAY

Partial play / Lower duration



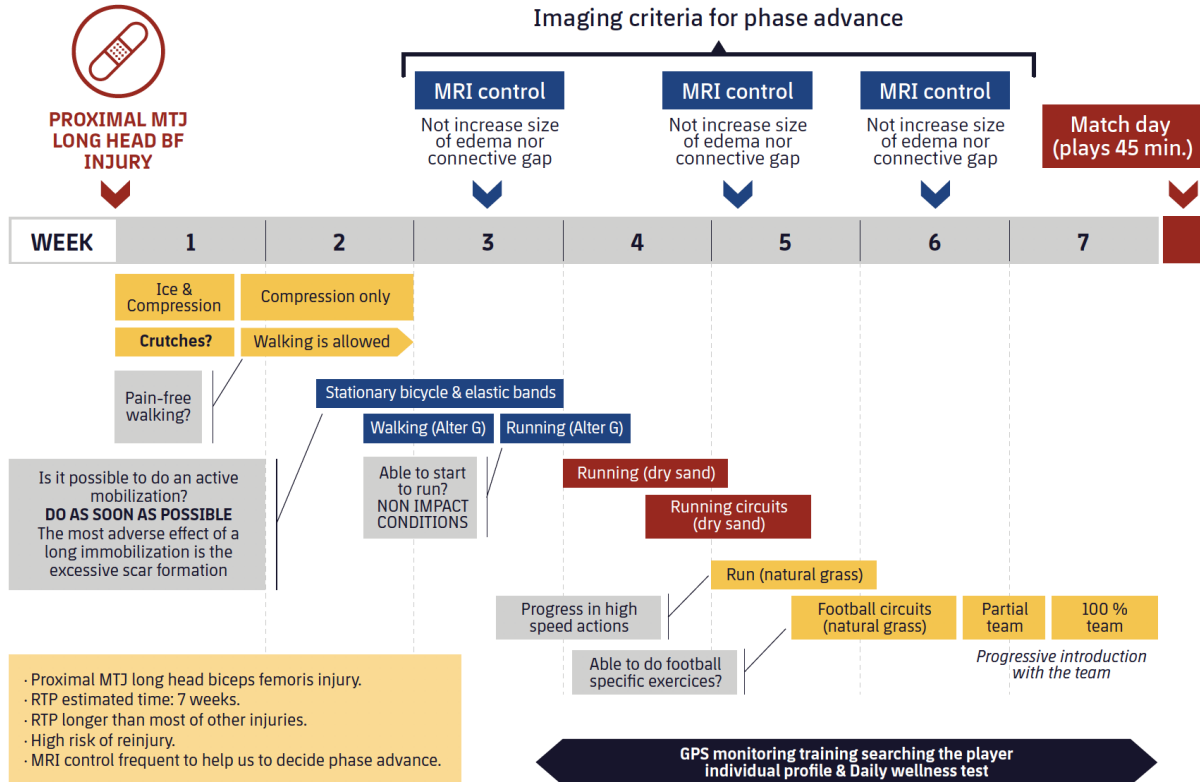


RETURN TO PERFORMANCE





... to Return to Play



- Proximal MTJ long head biceps femoris injury.
- RTP estimated time: 7 weeks.
- RTP longer than most of other injuries.
- High risk of reinjury.
- MRI control frequent to help us to decide phase advance.

TAKE HOME MESSAGE



- RTP is a dynamic process / tailor-made
- It's key to perform a good diagnostic for a good prognosis
- Respect biological timing



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