

4th International Conference on
**Sports Medicine-Fitness
and Physiotherapy**
November 16-17, 2023 | Paris, France

Volume: 14

The Value Of Functional Diagnostics In Preventing Football Injuries Through The Use Of Tensiomyography: A Case Study

Dr Ibrahim Enaba

Misr University for Science and Technology, Egypt.

Background: Tensiomyography (TMG) is a non-invasive method for measuring the contractile properties of skeletal muscles [1]. It provides information, in the time domain, regarding the following variables: displacements of the muscle belly, contraction time (CT), reaction time (RT), sustain time (ST), and relaxation time (RIT). In addition, these parameters could be used to control training effects throughout the season being also a very useful tool to individualize players' training loads [2]. Football is one of the most technically complex and the most difficult events, requiring a player to have adequate physical fitness and skeletal muscle of the lower extremities [3]. Hence, lower extremities are more prone to injuries [4]. The purpose of this study is to explore the values of using TMG measurement on top football player's musculoskeletal injury prevention during consecutive premier league seasons.

Conclusion: To determine the future training load and avoid muscle injuries, TMG can be reliably employed as a complementary screening tool in the diagnosis and rehabilitation programs of a football player. Coaches should monitor such muscle adaptation more often at different training or competition periods during the year. All of these facts suggest that organized and strict work should be undertaken to maintain health, reduce the risk of injuries and ensure proper.

Biography

Ibrahim Enaba is a Lead Sports Physical Therapist at Zamalek Sporting Club, Egypt and Africa's top football club, with 6+ years of expert sports medicine management. FIFA Diploma holder and PRIMEPHYSIO TRAINING UK Certified in Orthopedic Manual Therapy, Ibrahim Enaba is a vital contributor to the club's success and athlete well-being, upholding the highest standards in sports medicine.