

# 5

## facts about preventing injuries for female, woman and girl athletes

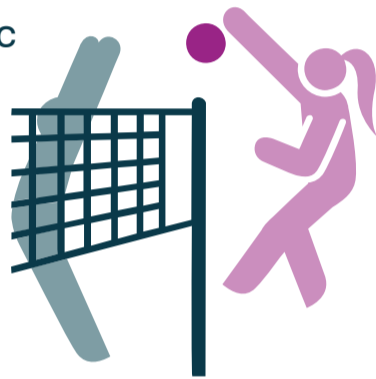


# 1

## Exercise-based interventions reduce sport-related injuries

Neuromuscular training and sports-specific exercises reduce injury risk, with strongest evidence in:

- first-time and recurrent knee and ankle injuries
- shoulder injuries in overhead sports



# 2

## Implementation is critical for injury prevention

To help implement injury prevention interventions, physiotherapists can:

- deliver tailored education to coaches and athletes to build motivation and confidence
- reinforce evidence-based injury prevention including protective equipment use and injury management protocols.



# 3

## Injury prevention requires a supportive environment

Sporting organisations can create a safe environment for female, woman and girl athletes by:

- supporting athletes to discuss health and injuries without pressure to return to play
- providing safe avenues for athletes to report concerns
- raising awareness of social and cultural biases.



# 4

## Starting early encourages lifelong injury-prevention behaviours

The specific needs of junior athletes should be considered, including:

- time constraints, injury profiles and activity preferences
- early sport specialisation and load management
- knowledge, beliefs and skills of parents, teachers and coaches.



# 5

## Sex and gender should be considered in injury prevention interventions

An athlete's injury risk and response to interventions may be influenced by:

- sex-related factors like the menstrual cycle, pregnancy and postpartum recovery, and life-stage transition
- gender-related factors such as equitable access to resources and experienced support staff.



Sponsored by:



Proudly brought to you by:



Physiotherapy  
Research  
Foundation