

WHAT ADAPTATIONS OCCUR TO YOUTH ATHLETES USING INJURY PREVENTION PROGRAMS?

WHAT THEY FOUND



WHAT THIS MEANS

“Multimodal injury prevention programs (IPP) lead to a number of neuromuscular adaptations. These adaptations may partially explain the reduced risk of injury associated with IPP implementation. A 15 – 20 min IPP can be used as an effective warm up and have significant benefits to young athletes during critical stages of their development”

