Most Common Football Injuries

* Ankle Sprain
* Hamstring Strain
* Groin Strain
* Anterior Cruciate Ligament Injury
* Broken Bones
* Concussion

The injuries that happen to footballers are mostly to the lower part of the body. You can get these injuries from tackling, running, shooting, twisting & turning, tackling, and jumping. You can sometimes get injuries from using the same muscles over and over, or if you have had an injury before and it has not healed properly or it is still weak, or you are still recovering from the injury.

When you have had an injury, you go to see a doctor and a physiotherapist, they will help you, by giving you an operation or by giving you exercises to do to try and help with the injury.

There are many ways in which you can help stop an injury when playing football.

* Keep fit and healthy.
* Warm up before a game or training
* Cool down after a game or training.
* Wear the right clothes.
* Eat healthy.
* Rest