



CHRIS PHILLIPS ATC, CSCS

Chris is an Athletic Trainer and Strength and Conditioning Specialist with over 30 years experience in professional hockey, soccer and football and is the owner of Compete. He has worked with Alex Ovechkin, Teemu Selanne, Marta, Shannon Boxx, Aly Wagner and Nathan Chen.

Compete opened in 2009 and provides sports performance training, personal training and sports injury rehab. They have locations in Lake Forest, Yorba Linda and Westminster.

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COMMON INJURIES

National Athletic Trainers Association

- 70% of soccer injuries are to the lower body
- Mechanism is similar of contact vs non-contact
- Knee and ankle injuries are more common in games, where muscle strains are more common in practice
- Significant increase in ACL tears and concussions could be due to improved evaluations and reporting as well as increased volume of training and games

RECOVERING FROM INJURY

- Proper evaluation first by MD, Athletic Trainer or Physical Therapist
- Rehab plan that includes pain and swelling reduction, return of ROM and strength, train to meet the demands placed on athlete when they return to play
- Proper and realistic return to practice and play plan
- Don't forget the mental aspect with major injuries

INJURY PREVENTION

- Proper dynamic warm up prior to activity
- Proper strengthening program especially for core and hips
- Learn jumping and landing techniques
- Foam rolling and stretching routine
- Avoid overuse, for example too many practices and games without rest. Always take a minimum of one day off per week.