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A prospective study of core musculature endurance and the risk of lower extremity injuries among male football players

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Abstract: Core musclesendurance are important issues in lower extremity injury among football players. This study investigates the relation between core muscles' enduranceand the occurrence of different lower extremity injuriesduring one season.Eighty-two male football players (mean age 20.69±3.85, weight 76.3±14and height 178±9.6) were tested. After being screened for a season.The prone-bridge, side-bridge, trunk flexion and horizontal back extension hold times were recorded for endurance assessment; in addition the numbers of different lower extremity injuries during the current season. The negative binominal regression method revealed that the maximum holding time for trunk flexor endurance only was significantly related to occurrence of lower extremity injuries ($p<0.05$). On the other handthe maximum holding time for plank, side plank and trunk extensor endurance were not significantly related to frequency of lower extremity injuries ($p\geq0.05$).Abdominal muscle endurance is related to the risk of lower extremity injuries more than plank, side plank and trunk extensor muscles endurance.Abdominal muscles endurance are more important issues in preventing different lower extremity injuries among male football players.

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