

ACTIVATE

INJURY PREVENTION EXERCISE PROGRAMME

👍 BENEFITS OF ACTIVATE



GENERAL MOVEMENT CONTROL

Develops adaptability allowing for better 'physical' decisions and reaction around the contact areas.



PRE-ACTIVATION

Improves muscle activation and enables them to respond better to the demands of exercise.



FUNCTIONAL CONDITIONING

Improves muscle activation and enables them to respond better to the demands of exercise.



Aids activation of stabilising head and neck muscles **reducing the potential "whiplash" effect that can cause concussion.**



Research has shown that developing a player's ability in these areas has the potential to reduce the risk of injury including concussion

🔍 RESEARCH FINDINGS

SCHOOL BOY STUDY

72% ↓

in overall match injuries*

59% ↓

in concussion*

ADULT MALE COMMUNITY STUDY

40% ↓

in lower limb injuries*

59% ↓

in concussion*

📅 PROGRAMME FORMATS

AGE GRADE PROGRAMMES

versions - U15, U16 & U17-18

4 progressive phases

Each phase = 6-8 weeks

Each phase = 12 exercises

ADULT PROGRAMME

7 progressive phases

Each phase = 4-6 weeks

Each phase = 15 exercises

*When players were highly compliant with the programme (3 times a week)

For more information and to access the free resources go to:
www.englishrugby.com/activate