

exposure in the intervention group compared to control group with an injury risk ratio [IRR] of 0.34 (95% confidence interval [CI] 0.21–0.55, $P < 0.0001$).

Discussion/Conclusion: This is the first meta-analysis of randomized controlled trials to evaluate the effectiveness of FIFA 11+ Injury Prevention Program in reducing the incidence of hamstring injury among soccer players. This meta-analysis demonstrates that the FIFA 11+ Injury Prevention Program reduces the incidence of hamstring injury by 66% among soccer players.

Impact/Application to the field: The results showed a 66 % hamstring injury reduction. Therefore, it's recommended that soccer players and coaches implement the FIFA 11+ Injury Prevention Program in their current practice.

Conflict of interest statement: No conflict of interest of relevance to the submission of this abstract.

<http://dx.doi.org/10.1016/j.jsams.2022.09.111>

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The FIFA 11+ injury prevention program reduces the incidence of groin injury among soccer players: a systematic review and meta-analysis of randomized controlled trials

W.S.A. Al Attar

Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Saudi Arabia

Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Australia

Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Switzerland

Introduction: Groin injuries are among the three most common and time-consuming injuries in soccer, accounting for 2-19% of all injuries, with an incidence of 0.1-2.1 injuries per 1000 hours of play. Sports injury prevention programs have been showing promising results in reducing the risk of groin injury. The purpose of this systematic review and meta-analysis was to investigate the effectiveness of the FIFA 11+ Injury Prevention Program on reducing the incidence of groin injury among soccer players.

Methods: This systematic review with meta-analysis was based upon the guidelines of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). A systematic search for relevant studies published from 1985-2022 using the following databases: Cochrane Library, MEDLINE, AMED, PubMed, Web of Science, and PEDro was conducted. The keywords used in the search strategy were 'neuromuscular training', 'injury prevention programs', 'FIFA 11+', 'groin injury', 'soccer, and variations of these search terms. Included studies had to be randomized controlled trials using FIFA 11+ Injury Prevention Program for soccer players with the primary outcome being groin injury rate. There were no restrictions of age or playing level. The random-effects model was used in analysing the extracted data by the RevMan Meta-Analysis software version 5.

Results: The pooled results of 7939 players and 695503 exposure hours showed 48% groin injury reduction per 1000 hours of exposure in the intervention group compared to control group with an Injury Risk Ratio [IRR] of 0.52 (95% Confidence Interval [CI] [0.37, 0.73] $P=0.0001$).

Discussion/Conclusion: This is the first meta-analysis of randomized controlled trials to evaluate the effectiveness of FIFA 11+ Injury Prevention Program in reducing the incidence of groin injury among soccer players. This meta-analysis demonstrates that the FIFA 11+ Injury Prevention Program reduces the incidence of groin injury by 48% among soccer players.

Impact/Application to the field: The results showed a 48% groin injury reduction. Therefore, it's recommended that soccer players and coaches implement the FIFA 11+ Injury Prevention Program in their current practice.

Conflict of interest statement: No conflict of interest of relevance to the submission of this abstract.

<http://dx.doi.org/10.1016/j.jsams.2022.09.112>

(P5)

The FIFA 11+ injury prevention program reduces the incidence of knee injury among soccer players: a systematic review and meta-analysis of randomized controlled trials

W.S.A. Al Attar

Department of Physical Therapy, Faculty of Applied Medical Science, Umm Al Qura University, Saudi Arabia

Discipline of Exercise and Sport Science, Faculty of Medicine and Health Sciences, The University of Sydney, Australia

Department of Sport, Exercise and Health, Faculty of Medicine, University of Basel, Switzerland

Introduction: Knee injuries are among the most common injuries seen in soccer, represent between 10- 50 % of all soccer injuries. Sports injury prevention programs have been showing promising results in reducing the risk of knee injury. The purpose of this systematic review and meta-analysis was to investigate the effectiveness of the FIFA 11+ Injury Prevention Program on reducing the incidence of knee injury among soccer players.

Methods: This systematic review with meta-analysis was based upon the guidelines of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). A systematic search for relevant studies published from 1985-2022 using the following databases: Cochrane Library, MEDLINE, AMED, PubMed, Web of Science, and PEDro was conducted. The keywords used in the search strategy were 'neuromuscular training', 'injury prevention programs', 'FIFA 11+', 'knee injury', 'soccer, and variations of these search terms. Included studies had to be randomized controlled trials using FIFA 11+ Injury Prevention Program for soccer players with the primary outcome being knee injury rate. There were no restrictions of age or playing level. The random-effects model was used in analysing the extracted data by the RevMan Meta-Analysis software version 5.

Results: The pooled results of 9647 players and 886001 exposure hours showed 46% knee injury reduction per 1000 hours of exposure in the intervention group compared to control group with an Injury Risk Ratio [IRR] of 0.54 (95% confidence interval [CI] 0.43, 0.69, $P < 0.0001$).

Discussion/Conclusion: This is the first meta-analysis of randomized controlled trials to evaluate the effectiveness of FIFA 11+ Injury Prevention Program in reducing the incidence of knee injury among soccer players. This meta-analysis demonstrates that the FIFA 11+ Injury Prevention Program reduces the incidence of knee injury by 46% among soccer players.

Impact/Application to the field: The results showed a 46% knee injury reduction. Therefore, it's recommended that soccer players and coaches implement the FIFA 11+ Injury Prevention Program in their current practice.

Conflict of interest statement: No conflict of interest of relevance to the submission of this abstract.

<http://dx.doi.org/10.1016/j.jsams.2022.09.113>