



AFL MUSCULE GROUPS

Performance - Power - Injury Prevention

GLUTEALS

- GLUTEUS MAXIMUS
- GLUTEUS MEDIUS

POWER & STABILITY

QUADRICEPS

- RECTUS FEMORIS
- VASTUS LATERALIS
- VASTUS MEDIALIS

KICKING & DECELERATION

HAMSTRINGS

- BICEPS FEMORIS
- SEMITENDINOSUS
- SEMIMEMBRANOSUS

SPEED & BRAKING

ADDUCTORS (GROIN)

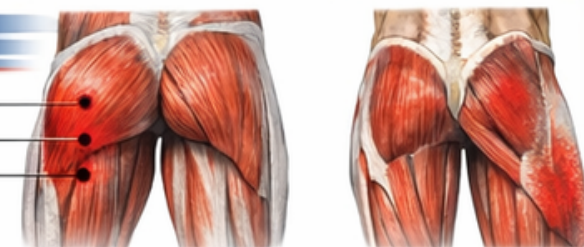
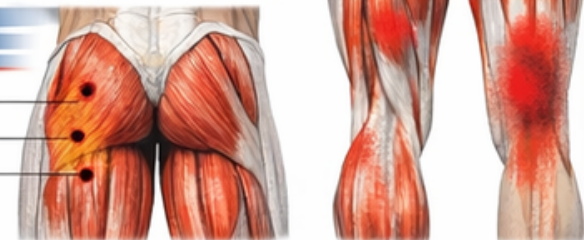
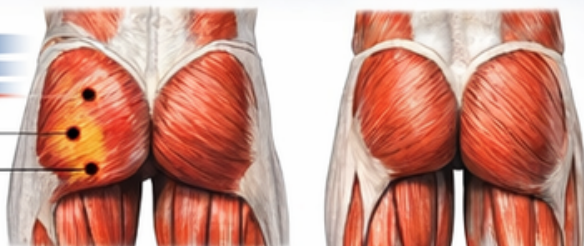
- ADDUCTOR LONGUS
- ADDUCTOR MAGNUS

CHANGE OF DIRECTION

CALVES & ACHILLES

- GASTROCNEMUS
- SOLEUS
- ACHILLES
- ACHILLES TENDON

COMMON AFL LEG INJURIES



AFL TRIGGER POINTS

(LOWER LIMB)

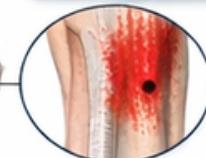
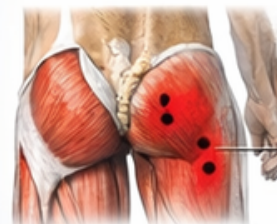
GLUTEAL TRIGGER POINTS



HIP/
HAMSTRING
PAIN



HAMSTRING TRIGGER POINTS



POSTERIOR
KNEE PAIN



QUADRICEPS TRIGGER POINTS



ANTERIOR
KNEE PAIN



GROIN TRIGGER POINTS



ADDUCTOR/
GROIN PAIN



TRIGGER POINT THERAPY



PAIN REFERRAL



RELEASE TECHNIQUE



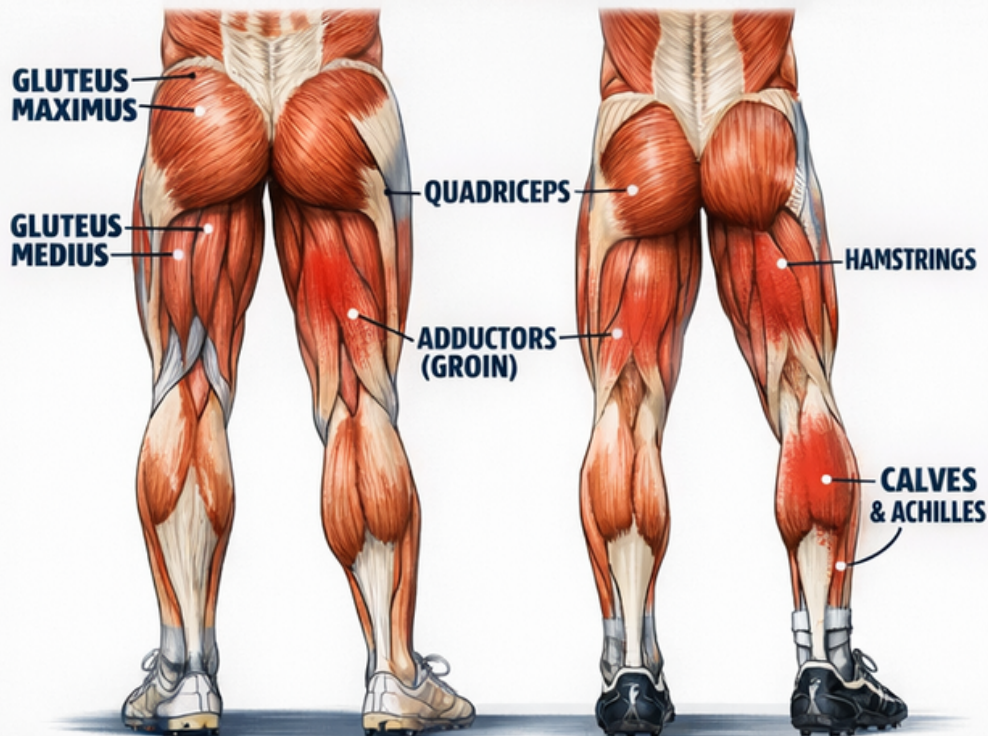
CONTINUE WITH CARE





AFL LEG MUSCLE GROUPS

POWER • SPEED • STABILITY



SPRINTING



KICKING



INJURY RISK

COMMON AFL LEG INJURIES



HAMSTRING STRAINS



GROIN STRAINS



QUAD TEARS



CALF STRAINS

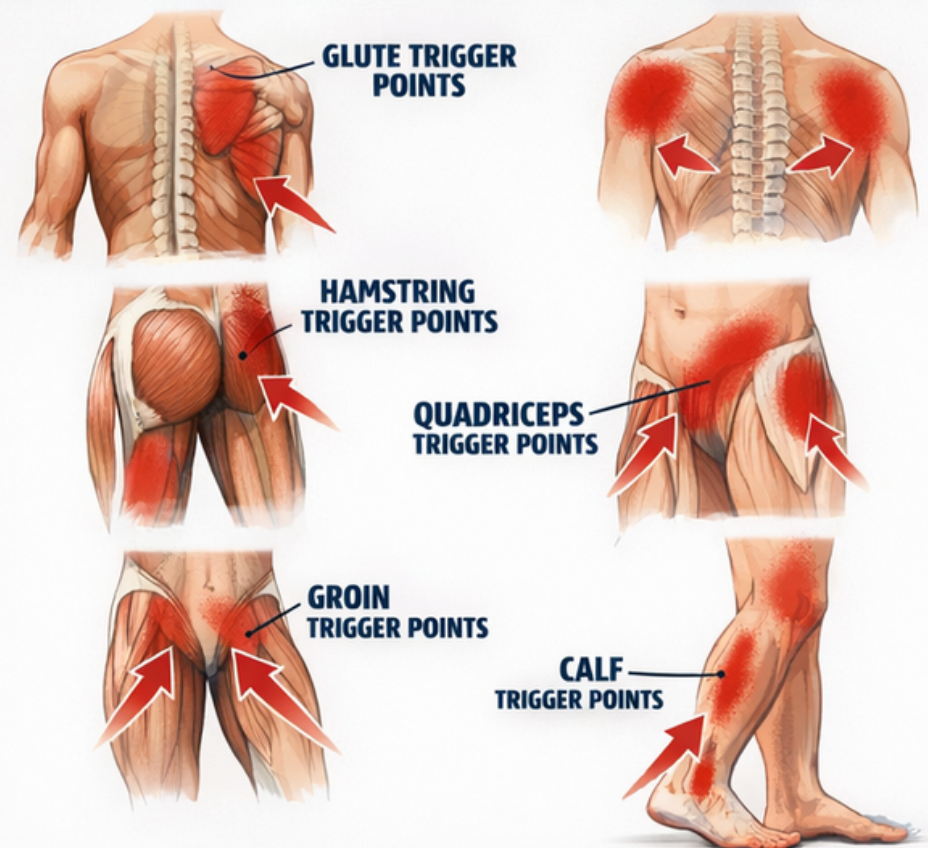


ACHILLES TENDON



TRIGGER POINTS

LOWER LIMB REFERRAL PAIN



TRIGGER POINT RELEASE



PAIN RELIEF & FLEXIBILITY



LIMITED EFFECT ON INJURY HEALING



AFL MUSCULAR SYSTEM

Performance - Power - Injury Prevention



LOWER BODY

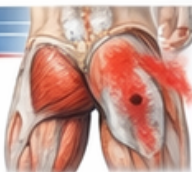
AFL POWER BASE

- GLUTEALS
- GLUTEUS MAXIMUS
- GLUTEUS MEDIUS



QUADRICEPS

- RECTUS FEMORIS
- VASTUS LATERALIS
- VASTUS MEDIALIS



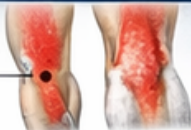
UPPER BODY CONTACT & CONTROL

- DELTOIDS
- PECTORALS
- LATS
- STRENGTH BASIS



COMMON AFL MUSCLE INJURIES

- HAMSTRING STRAIN
- GROIN STRAIN
- CALF STRAIN



COMMON AFL MUSCLE INJURIES

- HAMSTRING STRAIN
- GROIN STRAIN
- CALF STRAIN



TRAINER KEY NOTES

- MCL or AC SPRAINS - TEARS
- ANKLE SPRAINS
- SHOULDER DISLOCATIONS

RETURN-TO-PLAY

- FULL RANGE of MOTION + MINIMAL SWELLING
- FULL STRENGTH & STABILITY

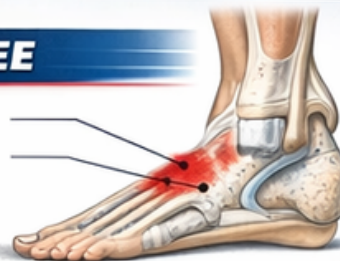


AFL LIGAMENTS OF THE JOINTS

Return to Play Awareness

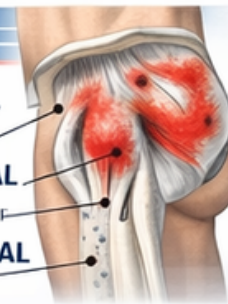
KNEE

- ACL
- PCL
- LCL



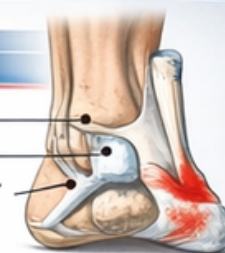
HIP

- ILIOFEMORAL LIGAMENT
- PUBOFEMORAL LIGAMENT
- ISCHIOFEMORAL LIGAMENT



ANKLE

- ATFL
- CFL
- DELTOID LGAMENT



SHOULDER

- AC LIGAMENT
- CORACOACROMIAL LIGAMENTS
- CORACOCALVICULAR LIGAMENTS
- CORACOHUMERAL



AFL TRIGGER POINTS

(LOWER LIMB)

GLUTEAL TRIGGER POINTS



HIP / HAMSTRING PAIN

HAMSTRING TRIGGER POINTS



POSTERIOR KNEE PAIN

QUADRICEPS TRIGGER POINTS



ANTERIOR KNEE PAIN



PAIN REFERRAL



REDS REMOVS



REIN INJURIES



AFL MUSCLE GROUPS

Return to Play Awareness

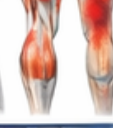
GLUTEALS

- GLUTEUS MAXIMUS
- GLUTEUS MEDIALIS



HAMSTRINGS

- RECTUS FEMORIS
- ADDUCTOR PARS



CALVES & ACHILLES

- GASTROCNEMIUS
- SOLEUS
- GASTROCNEMIUS
- MCL & DECLARATION



COMMON AFL LEG INJURIES

- KNEE STRAIN
- COLLIN STRAIN

