Football medicine courses - sample agenda

Day 1

- Role of the team doctor, medical bag, sideline gear, etc.
- The role of prevention in football
- Foot and ankle injuries
- Foot and ankle examination
  - rehabilitation basics and practical examples
  - ankle taping
- Knee injuries, including acute injuries and overuse
- Knee examination
- Patellofemoral joint
- Knee rehabilitation basics
- Practical samples (ACL, MCL, meniscus, cartilage)

Day 2

- Pre-competition medical assessment
- Cardiovascular diseases and sudden cardiac death
- Head injuries and concussion
- Practical: head injury examination
- Cervical and lumbar spine injuries and disorders
- Practical: spine examination
- On-field management of neck injuries
- The female player
- Pelvis, hip and groin injuries
- Pelvis, hip and groin
  - examination
  - update on intra-articular hip problems (FAI)
  - the role of the core and trunk; rehabilitation basics
  - practical examples
Day 3

- Emergencies in football (BCLS, ACLS, etc.) and practical examples
- Development of the FIFA medical network of medical practitioners
- Muscle and tendon injuries
- Muscle and tendon injuries: examination, prevention of muscle injuries, rehabilitation and exercises for hamstrings, calves, Achilles tendons, adductors and rectus femoris

Day 4

- Medical services requirements at a football match
- Anti-doping, including a practical workshop

Teaching material

- FIFA Diploma in Football Medicine
- First Aid Manual and Related Healthcare Issues for Football
- SCAT5