



Director Of Medicine – U.S Soccer

Chicago 2007 – Tom Lloyd

**1. What is your current position within U.S Soccer?**

I am the Manager for Sports Medicine Administration for U.S Soccer. This involves working alongside all of the U.S National representative sides, senior and junior, ensuring that they are prepared both physically and mentally for their training and competitive matches.

**2. Why is it important to Warm Up and Cool Down before a game?**

Before any sort of activity it is vital to prepare yourself both mentally and physically. It has been proven that pre-hydrating and a balanced diet is essential for improved performance, it can be the difference between 75 and 90 minutes maximum output of an athlete. The warm up is used to prepare the muscles for the 90 minutes of strenuous activity they are about to perform. The warm up should be made up off three major components, a pulse raiser, dynamic stretches and static stretches. Combining these increases the flexibility of the muscles and gets the blood pumping to them quickly enough to satisfy the demand of oxygen required to perform the activity. Starting the activity with 'cold' muscles increases the chance of a tear pull of strain as the muscle has not been prepared.

The essential point of a cool down is to bring the heart rate down to a normal pace and bring the body back to a relaxed state. A cool down should consist of light jogging and static stretches. This slowly reduces the demand to the muscle and will help to avoid cramp. A key part of recovery, that many athletes miss, is re-hydration and diet. You should drink at least 5 pints of water after strenuous activity and the correct food supplement replenishes your energy stores, such as A.T.P

To get more information on warm up's and cool downs got to [www.athletesperformance.com](http://www.athletesperformance.com)

**3. Coaches always tell their players to take on fluid before, during and after games. Why is this necessary?**

Water is essential to keep you hydrated (when your body has enough fluids). Dehydration (when you don't have enough fluids) can cause muscle cramps and keep you from performing your best.

For more information on Hydration and it's effect on performance go to [www.gssiweb.com](http://www.gssiweb.com) and visit the Hydration section.



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4. What is the most common injury you have seen in Soccer? How can it be prevented?

The most common within the Women's game is the anterior cruciate ligament in the knee. I was recently involved in a study into injury prevention and it has been proven that the injury is more likely due to Women having a wider pelvic girdle and poor shock absorption at the knees when jumping.

For more advice on ACL injury prevention go to <http://aclprevent.com/pepprogram.htm#top>

In the men's game an injury that is frequent yet not always apparent is Concussion. Soccer is a fast-paced physical game that results in a lot of contact and collisions. When this happens the brain is rattled and the signals to the body can be disturbed and slowed down. The problem is that concussion is not always detected and it can have adverse effects on the player. When a collision takes place It is important to look for the following signs and symptoms:

*Cognitive features:* unaware of game specifics (opposition, colors, score of game, last play); confusion; amnesia (does not recall events prior to the hit or after the hit); alteration in consciousness; not oriented to time, place, or date.

*Physical symptoms:* Headache, dizziness, nausea, unsteadiness/loss of balance, feeling "dinged" or stunned or "dazed," "having my bell rung," seeing stars or flashing lights, ringing in the ears, and double vision.

This interview was kindly conducted by Hughie O'Malley as part of the Soccerette Academy's Injury prevention campaign.