



Blessurepreventie

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TRACK



Definitie en betekenis voor de sporter



Een sportblessure is een lichamelijk letsel dat direct of geleidelijk ontstaat door sportactiviteiten.

The meaning of injury to the elite athlete: A systematic review

Anna K. Reussner

- (1) *unwelcome disruption* – Injury as potential career threat
- (2) *destruction* – My life (as an athlete) is over
- (3) *reinforcement* – Relighting the fire
- (4) *going through the motions* – Injury as an inherent part of elite sport
- (5) *time-out* – Respite and perspective



Epidemiology, etiology and prevention of injuries in competitive ice speed skating—limited current evidence, multiple future priorities: A scoping review

Matthias Hendricks^{1,2}  | Evert Verhagen¹  | Alexander T. M. van de Water^{3,4} 

“What is the current state of knowledge on injuries and injury prevention in competitive ice speed skating?”

32 studies totaal

Long track 14 studies

Shorttrack 19 studies

Meest voorkomende lichaamsregio is het onderlichaam

Rug (82 procent heeft tijdens carrière periode van rugklachten)

Heup

Knie

Conclusie



The current state of knowledge on injuries and injury prevention in speed skating in the individual stages of the TRIPP framework is limited and only partially builds on each other. Scientific evidence on the efficiency and effectiveness of preventive measures is not available. The underlying knowledge for the development of preventive measures, in particular that on the epidemiology and etiology of injuries, is incomplete. With limited evidence on sport- specific prevention measures no ice speed skating practice recommendations can be made.

TRIPP: Translating Research into Injury Prevention Practice framework

- **Evidentie over de effectiviteit van preventieve maatregelen is niet aanwezig.**
- **Er kan geen advise gegeven worden over aanbevelingen in het kader van blessurepreventie**

CLINICAL COMMENTARY

A PHASED REHABILITATION PROTOCOL FOR ATHLETES WITH LUMBAR INTERVERTEBRAL DISC HERNIATION

Leonard H. VanGelder, BS, ATC, CSCS^{1,2}
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Daniel W. Vaughn, PT, PhD¹



International Journal of
*Environmental Research
and Public Health*

Article

Effects of Copenhagen Adduction Exercise on Muscle Architecture and Adductor Flexibility

Diego Alonso-Fernández^{1,2,*}, Rosana Fernández-Rodríguez¹, Yaiza Taboada-Iglesias^{1,2}
and Águeda Gutiérrez-Sánchez^{1,2}

► J Athl Train. 2024 Feb 12;59(2):159–172. doi: [10.4085/1062-6050-0662.22](https://doi.org/10.4085/1062-6050-0662.22) 

Maximal Lower Limb Strength in Patellar Tendinopathy: A Systematic Review With Meta-Analysis

[Steven J Obst](#)^{*,✉}, [Benjamin Peterson](#)[†], [Luke J Heales](#)[†]

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PMCID: PMC10895401 PMID: [37071550](https://pubmed.ncbi.nlm.nih.gov/37071550/)



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Hamstring Muscles

The Effects of Eccentric Training on Biceps Femoris Architecture and Strength: A Systematic Review With Meta-Analysis

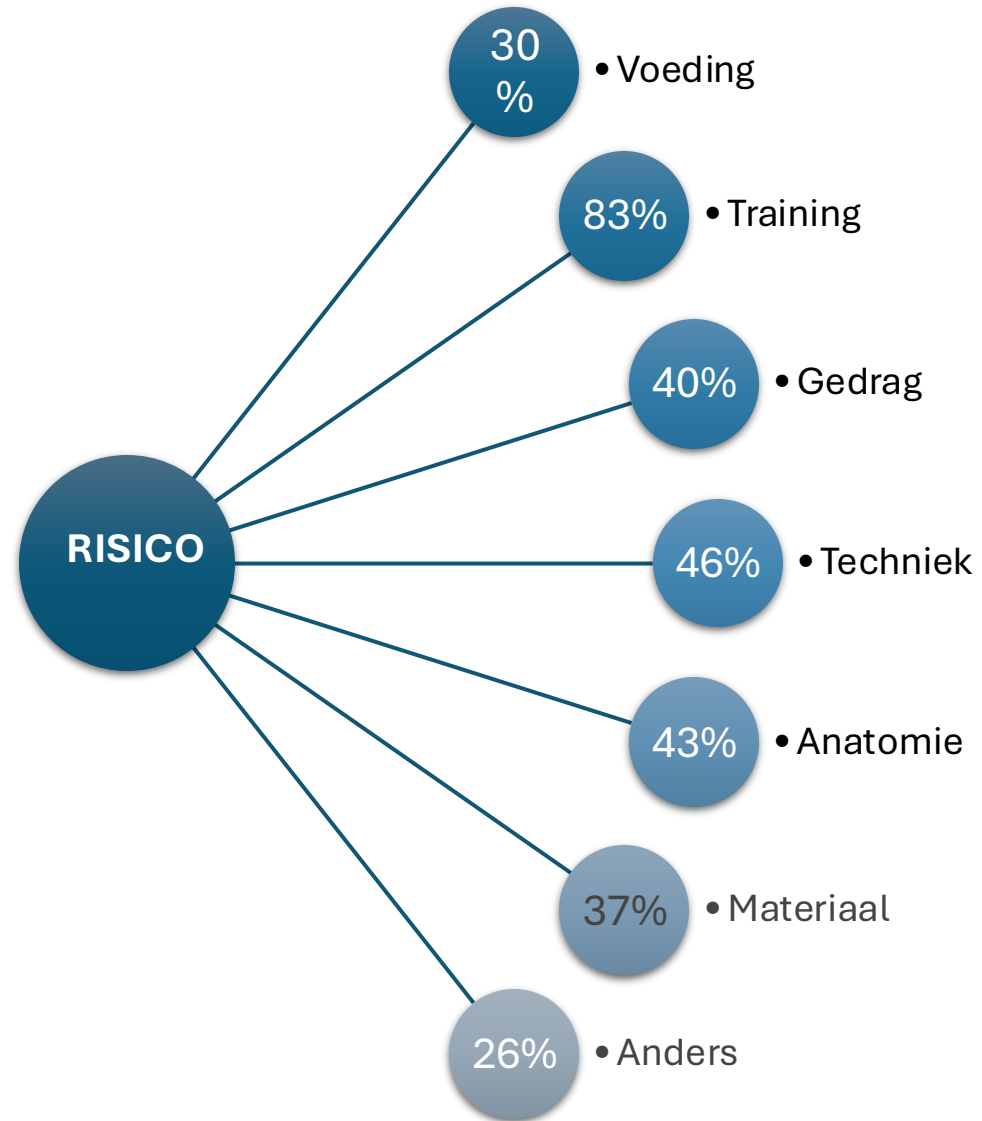
Rémy Gérard, PT*; Léo Gojon, PT*; Philippe Decleve, PT*†;
Joachim Van Cant, PhD, PT*

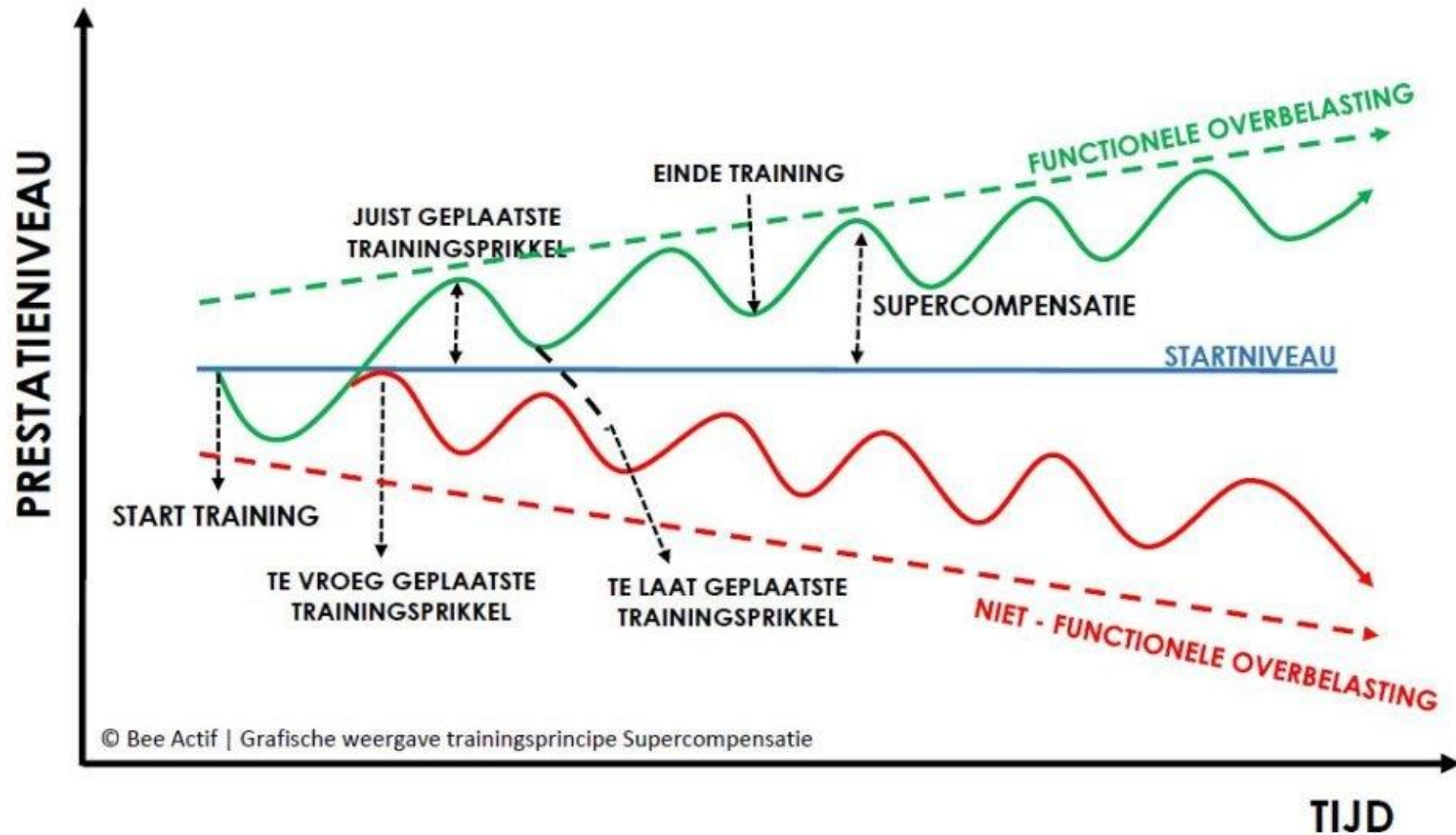
Categories of the risk factors (intrinsic and extrinsic) and prevention strategies reported by the participants.

Risk of injury	% (n)
Training	83% (25)
Sport Technique	46% (14)
Physiological/Anatomical Factor	43% (13)
Behavioral/Cognitive Factors	40% (12)
Sport Characteristics	37% (11)
Equipment	37% (11)
Nutrition	30% (9)
Others	26% (8)

Risk factors and injury prevention in elite athletes: a descriptive study of the opinions of physical therapists, doctors and trainers
Bruno T. Saragiotto

Risico factoren





Monitoren sporter

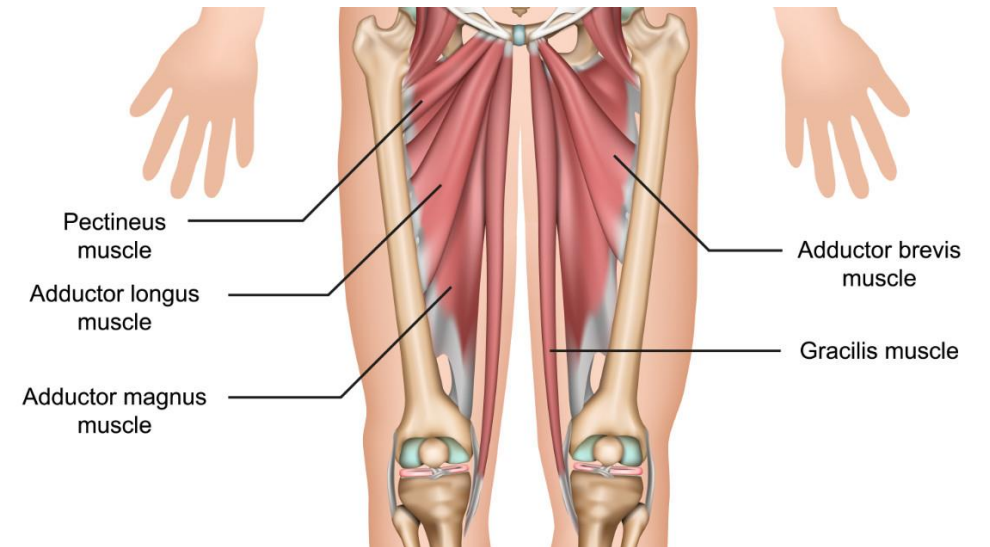
- Subjectief
 - RPE (Rate of Perceived Exertion)
 - Welness (mentaal/fysiek)
 - Mood
- Objectief
 - Hf (Hartslagfrequentie)
 - Vermogen (wattage)
 - HRV
 - Slaap

Liesklachten

- Adductor longus

Excentrische belasting icm
grote bewegingsuitslag

Overbelasting of onderbelasting?



Liesklachten



Copenhagen plank
3x20 sec. per been - > Excentrisch

Rugklachten

- Aspecifiek
- Discogeen

Sports Sciences

Efficacy of McKenzie Manipulative Therapy on Pain, Functional Activity and Disability for Lumbar Disc Herniation

Mohammad Anwar Hossain 1 2, Iqbal Kabir Jahid 2, Md. Forhad Hossain 3, Zakir Uddin 4 ,
Md. Feroz Kabir 5, K. M. Amran Hossain 1, Md. Nazmul Hassan 6, Lori Walton 7



Tendinopathie (patellapees)

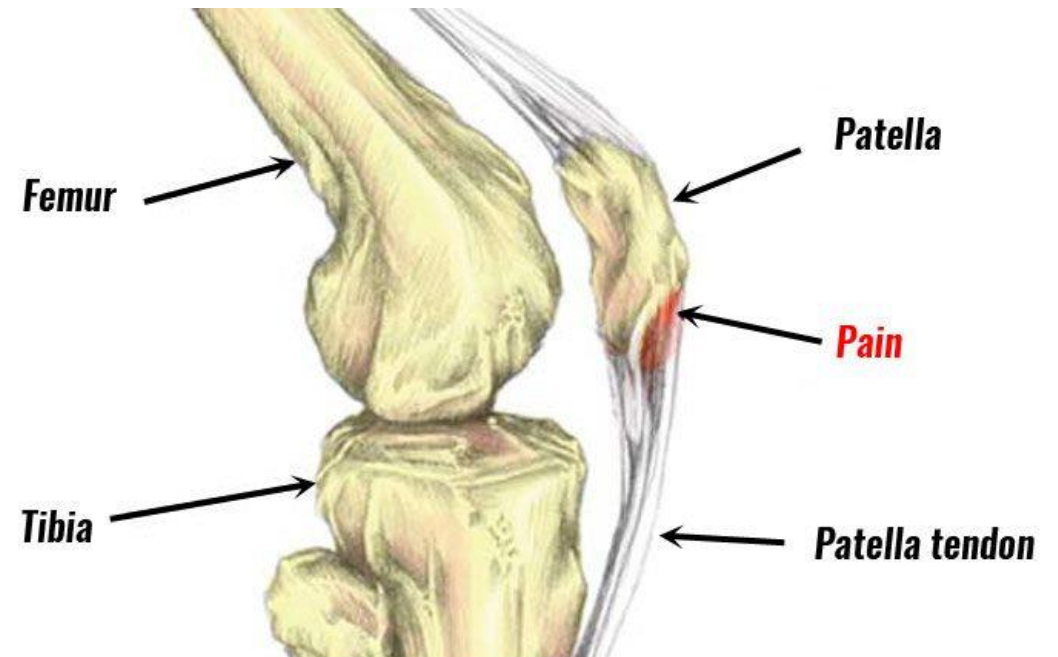
Load management

Isometrics

- Leg extension (60-90 graden / 30-45 sec / 3-5 sets)
- Dubble / Single leg wall sit
- Spanish Squat

Pijnreductie

Pees loaden / adaptatie



RAMP protocol wup (praktijk)

- Raise
- Activate
- Mobilize
- Potentiate



Raise (10 minuten)

Doel

- Lichaamstemperatuur
- Hartslag
- Ademhaling
- Doorbloeding
- Viscositeit gewrichten



Oefeningen



Voorbeeld:

- Fietsen (10 min. 5 min rustig daarna 3x30 sec. D2 interval)
- Easy jog met loopscholing
- Knie heffen
- Hakken billen
- Skippings
- Tripplings

Activate & Mobilize



Doel

Activeren belangrijkste spiergroepen (iliopsoas, gluteaal, quads, hamstrings, lage rug)

Mobiliseren van de belangrijkste gewrichten (wervelkolom, heupen, knie, enkels)

Oefeningen

- Hol bol / dorsal press
- Scorpion
- Hamstring rol breed
- Adductor stretch knie dynamisch
- Uitvalspas armen hoog gestrekt
- Pigeon pose
- Laag hurken
- Uitvalspas elleboog grond
- Mountain climbers (cross)
- Double legged groiners
- Downward facing dog naar uitvalspas
- Speedskaters



Potentiate

Doel: Sportspecifiek

Vorbereiden op hoge intensiteit
bewegingen met snelheid en kracht.

- Corner belt (links en rechts)
- Wall hang
- Weight transfers
- Up downs



Anti infectie protocol

Algemeen protocol voor gebruik bij wedstrijden

- Hygiëne maatregelen (desinfectie /handen wassen)
- Dragen FFP2 mondmasker tijdens het reizen
- Desinfectie voor stoelriem/tafeltje etc.

Suppletie ter ondersteuning immuunsysteem

- Vit. C / Zink zuig / ColdZyme

Op locatie

- Latex handschoen dragen bij buffet
- Bij gebruik openbaar vervoer FFP2 mondmasker op

Take home



Preventieve oefeningen structureel in programma

- Copenhagen plank
- Crab walk met mini band
- Clambs (gluteaus medius)
- Jefferson curl / roman chair laag gewicht

Wup met RAMP procotol

Cooldown met neutrale rug - McKenzie oefeningen / easy jog

Anti infectie protocol tijdens competitie