**Intervention Strategies to Prevent Sports Injury**

**Abstract**

Injury is defined as any physical complaint sustained by a player that results from sports event, irrespective of the need for medical attention or time loss from football activities. Injury definition includes three important factors: (1) all injuries (not only time loss or reduced performance), (2) newly incurred (exclusion of pre-existing and not fully rehabilitated injuries)(3) exclusion of illnesses and diseases.

Recurrent injury is defined as an injury of the same type and at the same site as an index injury and which occurs after a player’s return to full participation from the previous injury. Recurrent injury occurring within two months of a player’s participation is defined as “early recurrence”. If occurring two to 12 months after a player’s participation defined as “late recurrence”; For occurring more than 12 months after a player’s participation defined as “delayed recurrence.’’

First step in develop injury prevention programmes is to establish the extent of the problem, and then continue to epidemiological study (looking for the causes of and risk factors). All epidemiological will become useful information for developing preventive program. Sytematic medical assesement and data of previous injury will be important because the fact that the highest risk factor for injury is previous injury. This presentation will be showed what is the strategy to develop injury prevention and how to implement the program among the athletes.

***Keywords*** *: prevention, injury, program*