

Submitted abstracts will be evaluated and grouped by topic. Selected abstracts will be presented as e-posters. All abstracts accepted for presentation will be published in the e-Proceedings of the 4<sup>th</sup> International Congress in “Functional Rehabilitation of Injuries in Athletes and Trainees”.

Only the digital e-poster presentations that will be presented at the 3<sup>rd</sup> International Congress in “Functional Rehabilitation of Injuries in Athletes and Trainees” will be published in the Proceedings of the 3<sup>rd</sup> International Congress in “Functional Rehabilitation of Injuries in Athletes and Trainees”.

It is also available the publication of the digital e-poster presentations, which will be presented 3<sup>rd</sup> in the International Congress in “Functional Rehabilitation of Injuries in Athletes and Trainees”, as short-paper in the e-proceedings of the congress.

In order for the abstracts to be evaluated from the Evaluation Committee and be included in the Conference programme, they should be submitted via email to: [agioftsi@phyed.duth.gr](mailto:agioftsi@phyed.duth.gr) until **Sunday 24 of October 2021**.

Consequently, please read carefully the **Writing & Submission Instructions**, before the submission of the abstract:

### **Writing and Submission Instructions**

You can submit until two abstracts as first authors.

Make sure that the contact information you submit is correct because it will be used for further correspondence via email. Pay more attention to the authors and institutions' names both in Greek and in English.

Make sure your e-mail address is the correct one in order the contact with the Organizing Committee of the Conference to be enabled.

Abstract submission is necessary for the presentation of the e-poster presentations.

In case the submitted abstract does not respect the rules and there is not time for correction due to the abstracts deadline, it will be disqualified automatically.

### **Preparation of your Abstract**

1. Font Calibri, 11pr, single space. No space between title, authors and institutions. Only one line space between the institutions and the abstract text
2. The title should be as brief as possible (no more than two lines) and It should be representative of the study that was performed. It should be introduced in the proper topic with CAPITAL, BOLD letters.
3. The last name and the first letter of the name of the author.
4. The Institution/Address of the first author, with lower case letters.
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6. Each and every Authors' Surnames (if they exist) and the first letter of their respective name in lowercase words. The name of the presenter should be underlined. Names to be separated by commas
7. Authors' Institution Name and Address, in lowercase words
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9. The abstract should be:
  - within the specified word limits (max 300 words)
  - a whole paragraph
  - written based on the grammatical and syntax rules.
  - The abstract must include: the aim of the study, the methods, results, conclusions and key words
  - The abstract must NOT include: Tables, Charts, Functions & Images, Bibliography Footnotes, Statistical Indicators, Names, Institution Name and Address of the corresponded authors inside the abstract written text

#### Example of an abstract

#### **THE EFFECT OF AN INTERVENTIONAL INJURY PREVENTION PROGRAM ON FMS SCORE IN ELITE YOUNG FOOTBALL PLAYERS**

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**AIM:** The risk of injury incidents in football is very high. Among the most common injuries, are thigh strains, mostly at the hamstrings. Also, injuries with high incidence rate are ankle sprains, knee injuries and muscle strains in the groin area. Thus, injury prevention is very important in modern football. FMS is a functional movement screening evaluation method, which is used for injury prevention. In the present research paper we executed an interventional training program, for improving the FMS evaluation score of young, healthy, elite football players. **METHODS:** The sample of the experimental group was of 19. The athletes were evaluated before and after the interventional program in 7 movement tests, Deep Squat, Hurdle Step, Inline Lunge, Shoulder Mobility Test, Active Straight Leg Raise, Trunk Stability Pushup Test and Rotary Stability Test, according to the evaluation protocol of the FMS company. The interventional program had a duration of 12 continuous weeks and took place during the in-season. **RESULTS:** The analysis of results showed that there was a statistically significant difference from the initial to the final measurement for: a) "Deep Squat", ( $F(1,18)=4,80, p<0.05$ ), b) "Active Straight Leg Raise Left Side", ( $F(1,18)=8,78, p<0.05$ ), and "Active Straight Leg Raise Right Side", ( $F(1,18)=19,10, p<0.05$ ), c) "Trunk Stability Pushup" ( $F(1,18)=7,15, p<0.05$ ), and for the total score of measurements ( $F(1,18)=30,03, p<0.01$ ). **CONCLUSION:** It seems that an in-season interventional program with mobility, core stability and functional movement exercises, improves the score at the above categories DS, ASLR, and TSP. This kind of interventional program can help in injury prevention and more specifically that of hamstrings, which have the highest incidence rate in modern football.

**Key words:** football, injury prevention, FMS