Get aHEAD Safely in Soccer™

Research Summary

1

Gilchrist, Storr, Champan, and Pelland, 2015

Neck Muscle Strength Training in the Risk Management of Concussion in Contact Sports: Critical Appraisal of Application to Practice. This study concludes that by facilitating muscle strength training in the neck is a potential target to favorably influence concussion risk.

2

Collins, Fletcher, Fields, et. al, 2015

Neck Strength: A Protective Factor Reducing Risk for Concussion in High School Sports. This study suggests that neck strength was a significant predictor of concussion among high school basketball, soccer, and lacrosse athletes. Further, targeted neck strengthening programs should be developed as the first primary prevention mechanism for concussion.

3

Gutierrez, Conte, Lightbourne, et. al, 2014

The relationship Between Impact Force, Neck Strength, and Neurocognitive Performance in Soccer Heading in Adolescent Females. This study suggests that neck strengthening may be an important component of any head injury prevention/reduction program.

4

Dezman, Ledet, and Kerr, 2013

Neck Strength Imbalance Correlates With Increased Head Acceleration in Soccer Heading. This study concluded that symmetrical neck strength reduces the acceleration the head experiences during low-velocity heading. Balanced neck strength may reduce head accelerative injury.