Mindluster Platform

About the course Soccer Injuries Prevention Strategies

Soccer Injuries course, in this course we will explore the spectrum of injuries commonly encountered in soccer, including acute trauma and overuse injuries. Students will delve into prevention strategies, acute management techniques, rehabilitation protocols, and the psychological aspects of recovery. Through case studies and practical exercises, participants will gain a comprehensive understanding of diagnosing, treating, and preventing soccer-related injuries to optimize player safety and performance on the field.

Medical Category's Courses

Course Lesson(58)

Lesson 1 : **Guess The Spine Injury And Procedure Challenge**

Lesson 2 : **What Happens When You Tear Your ACL**

Lesson 3 : **Can you name this Foot injury and procedure achilles achillestendonpain achillestendon**

Lesson 4 : **The Most Common Soccer Injuries 3D Animation**

Lesson 5 : **The Most Common Ski Injuries 3D Animation**

Lesson 6 : **Bible Bump When the old treatment was slamming your hand with a Bible bible wrist**

Lesson 7 :
Did you know this about your Heart 3D Animation heartfunction heartracing heartpumping

Lesson 8 : **Did you know that Heart Attacks increase by 40 the last 2 weeks of the year**

Lesson 9 :
A Sudden Blow to the Chest cardiacarrest heartdisease heartattack ventricularfibrillation

Lesson 10 :
Open Surgery to Correct Hip Impingement Irregularly Shaped Femoral Head hippain hipinjury

Lesson 11 : **See how a bunion is treated Bunionectomy with Osteotomy toes foot feet**

Lesson 12 :
See how Osteoporosis affects the Spine bonefracture spinalfracture compressionfracture

Lesson 13 : **Complex Knee Injuries Require Complex Repairs PLC Injury and Surgery**

Lesson 14 : **Distal Biceps Tendon Rupture and Repair bicepstendon elbowpain biceps**

Lesson 15 :
The Most Common Basketball Injuries 3D Animation basketball sports injuryrecovery anklesprain

Lesson 16 : **POV What your thumb joint is doing right now handpain fingerpain**

Lesson 17 : **Total Knee Replacement TKR kneejoint kneeanatomy knee**

Lesson 18 : **The Most Common Dance Injuries 3D Animation ballet dance dancer**

Lesson 19 :

The Most Common Hand Injury Carpal Tunnel Release carpaltunnelsyndrome wristpain wristanatomy

Lesson 20 :
Fixing Hammer Toe Surgery That ll Blow Your Mind See How This Toe Deformity Is Corrected

Lesson 21 : **Say Goodbye To Low Back Pain With Lumbar Microdiscectomy**

Lesson 22 : **Yes Seasonal Allergies Look Just Like They Feel allergies**

Lesson 23 : **Do you know the 4 main knee ligaments kneeligaments kneeanatomy kneejoint**

Lesson 24 :
An Orthopedic Surgeon s Guide Bulging vs Herniated Discs in the Spine backpain backinjury

Lesson 25 : **An Orthopedic Surgeon s Guide Bone Spurs**

Lesson 26 : **Triceps Tendon Avulsion and Repair elbowpainrelief elbowpain**

Lesson 27 : **Triceps Tendon Avulsion and Repair Rare but Serious**

Lesson 28 : **See the Wonder of Your Beating Heart 3D Animation**

Lesson 29 : **Proximal Biceps Tear Rupture and Repair biceps muscleinjury fitness**

Lesson 30 : **See How Heart Bypass Surgery Works CABG heartdisease heart cardio**

Lesson 31 : **Understand Wrist Fractures 3D Animation wristfracture wristpain wristinjury**

Lesson 32 :
What happens when you dislocate your Knee Cap MPFL Tears and Reconstruction kneeanatomy

Lesson 33 : **Angioplasty Stent Placement stents medicaldevices coronaryarteries**

Lesson 34 : **An Orthopedic Surgeon s Guide Laminectomy Relieving pressure on your spinal cord**

Lesson 35 : **What Happens During Cardiac Arrest cardiacarrest heartattack heartdisease**

Lesson 36 : **See how an ACL LCL Tear is repaired**

Lesson 37 : **Can You Name This Medical Condition**

Lesson 38 : **The Foot is an Incredibly Complex Structure 3D Animation**

Lesson 39 : **Foot Pain in the Ball of the Foot Learn about Capsulitis**

Lesson 40 : **Can You Name This Medical Condition**

Lesson 41 : **Learn How Cardiac Catheterization Works**

Lesson 42 : **See how an Achilles Tendon Rupture is repaired**

Lesson 43 :
Pickleball See the Most Common Injuries 3D Animation pickleball animation tenniselbow

Lesson 44 : **See how an Elbow Olecranon Fracture is Repaired 3D Animation**

Lesson 45 : **Wisdom Teeth See Why and How They re Removed wisdomteeth teeth oralhealth**

Lesson 46 : **Disc Removal and Spinal Fusion Surgery ACDF 3D Animation**

Lesson 47 : **Total Hip Replacement Arthroplasty 3D Animation**

Lesson 48 : **Learn How An ACL MCL Tear is Repaired 3D Animation**

Lesson 49 : **Learn about Hip Bursitis hip bursitis orthopedicsurgeon**

Lesson 50 : **Trigger Finger See the Condition and Surgery in 3D**

Lesson 51 : **See the Most Common Ski Injuries and Learn How to Prevent Them**

Lesson 52 : **Meniscus Tear A very common knee injury that affects all ages knee meniscus 3d**

Lesson 53 : **What happens if your Distal Biceps ruptures biceps 3d health**

Lesson 54 : **The Anatomy of Walking asmr feet foot**

Lesson 55 :
Dance See The Most Common Injuries and How to Prevent Them ballet ballerina dance dancer

Lesson 56 : **Triceps Tendon Avulsion and Surgical Repair triceps weightlifting**

Lesson 57 :
Bible Bump Ganglion Cyst When the Old Treatment was Slamming Your Hand with a Bible

Lesson 58 : **Rotator Cuff Tear and Surgical Repair 3D Animation**

Related courses

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