

Stadium Performance's Injury Prevention Methodology: Controlled Fatigue Scenario (CFS) Training

At Stadium Performance, we have developed a cutting-edge injury prevention program called Controlled Fatigue Scenario (CFS) training. This innovative approach is specifically designed to reduce the risk of noncontact anterior cruciate ligament (ACL) injuries, which are prevalent among athletes, especially females.

Our CFS training program consists of two essential components:

1. **Pre-practice warm-up:** This strategically sequenced warm-up routine is designed to activate the fast-twitch and endurance fibers of the involved musculature, including the soleus complex, gastrocnemius, hamstrings, glute maximus, gluteus medius, quadriceps, abductors, and adductors. By introducing the central nervous system to moments of injury susceptibility on a daily basis, we aim to increase sympathetic awareness, tolerance, and escape capability during potentially dangerous scenarios.
2. **Intra-workout neuromuscular strengthening and education:** This component focuses on concentric and eccentric firing patterns performed under stress and fatigue. As ACL injuries often result from the inability to endure repetitive forces over time, our post-practice, long-duration CFS promotes fast-twitch muscle endurance, sympathetic awareness, and increased unilateral strength during bouts of fatigue.

The CFS training program is designed to replicate the mechanism of injury for an ACL tear during acceleration, deceleration, closed chain torque, and fixed rotation. By incorporating these components before and after practice every day, we strive to better prepare athletes' bodies to handle the demands of their sport and reduce the risk of injury.

Research has shown promising results for the effectiveness of our CFS training program. A recent study conducted among 108 athletes who underwent CFS training at Stadium Performance demonstrated a 44% reduction in lower extremity injury rates compared to the national average. While further research is needed to validate the efficacy of CFS training in reducing noncontact ACL injuries, these initial findings suggest that our innovative approach to injury prevention is making a significant difference in keeping our athletes safe and performing at their best.

At Stadium Performance, we are committed to providing our athletes with the most advanced and effective injury prevention strategies available. Our CFS training program is just one example of how we integrate cutting-edge methodologies into our programming to help athletes achieve their full potential while minimizing the risk of injury.