

# TRAINING & INJURY PREVENTION IN WOMEN & GIRLS RUGBY

We know there are differences between men and women, from anatomy, to hormones and our physiology which changes through potential phases of life including puberty, pregnancy, postpartum, peri, and post menopause. It is important we talk about these differences and all aspects of health, breaking down the taboos and myths that currently exist. We can use these differences to our advantage to allow us to feel at our best on and off the rugby pitch!



## 1. KNOW THE FUNDAMENTALS:

Get to know your body, what different parts are called and where they are such as the pelvic floor. Understand what is normal for you and tune into what your experience of your body feels like, which means professionals can intervene if you experience symptoms that are affecting you.



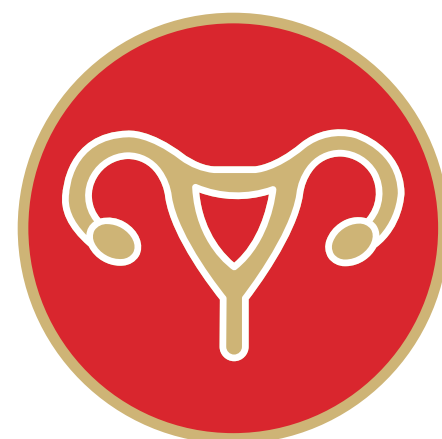
## 2. TRACK AND UNDERSTAND YOUR CYCLE:

Make tracking your cycle a habit. Get to know what symptoms you experience and start to put strategies in place to minimise these. Understand the different types of contraception options for you and have informed discussions with your GP if this is relevant for you. Tracking is still important on contraception and strategies to minimise these should still be employed.



## 3. BREAST HEALTH & SPORTS BRAS:

Breast health is often overlooked and wrongly so, given the contact nature of rugby and potential for breast injury. Similarly large numbers of women and girls are wearing the wrong size sports bras which will limit performance and comfort. Get to know the right type of bra for your size and shape.



## 4. PELVIC HEALTH:

Learn about the function of your pelvic floor and signs and symptoms to not ignore, such as leaking. Find out how to minimise these symptoms with pelvic floor training programmes.



## 5. INJURY & ILLNESS PREVENTION:

Understand the increased risk to women & girls of certain injuries, and take a proactive approach in mitigating your injury risk.