

PREVENTION AND MONITORING BY BLOOD EXAMS



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Football athletic preparation was deeply modified during the last twenty years. Meanwhile, the increase of physical demand, the increase of number of matches, the decrease of time elapsed from training and athletic performance and from recovery from injuries and return to the field, caused a crucial modification of the football sports medicine.

Together with changes on physical therapy, and even on orthopaedic sciences, periodical and(or) specific biochemical and haematological evaluations are needed in the modern football for preventing injuries and for optimizing performances.

The increase of turn-over of athletes, together with frequent travels, even intercontinental, are also now new insights for controlling some biochemical parameters, which can aid to prevent undesirable effects of overtraining and overreaching.

The biochemical and haematological parameters could be useful for:

- i. identifying diseases and (or) injuries, also considering their recovery and the return of athletes to competitions,
- ii. evaluating the performance level and status,
- iii. identifying illicit or unethical procedures.

It is crucial the use of appropriate parameters, correctly interpreted.

Specific scientific background is needed for interpreting laboratory examinations in footballers to avoid misclassifications and misuses of the assays and tests.

Few and simple parameters are needed for usual practice, whereas specialistic and exoteric tests could be useful for testing specific attitude and performances. Otherwise, the laboratory tests could not be used alone, but they should be used linked to physical and anthropometrical data.