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TO UEFA MEMBER ASSOCIATIONS

For the attention of
the President and the General Secretary

Your reference

Your correspondence of

Our reference
ZBA

Date
6 December 2023

UEFA Awareness Questionnaire on Anterior Cruciate Ligament Injury in Women's Football

Dear Sir or Madam,

At UEFA, our commitment to the health and well-being of female athletes has led us to focus on various aspects of women's health. To further this cause, we have established a UEFA Women's Health Expert Panel, whose work and attention is dedicated exclusively to women's football, reflecting the sport's rapid development. As a result of our continuous effort to make the game safer for the players, we are excited to introduce a new initiative centred around awareness and prevention of anterior cruciate ligament (ACL) injuries. These injuries in Women's Football have been at the centre of attention for a long time.

To better understand ACL injuries and their prevalence in Women's Football we have established a core panel of internationally renowned experts and researchers from diverse fields. In a first step, this group has created an [ACL injury and awareness questionnaire](#) that **anyone within the women's football community can fill in**. We need your invaluable input and support to make a difference. Your responses will serve as the foundation upon which our initiative is built. The more insights we gather, the better we can address the unique needs of each segment of our community. The questionnaire is not just a survey but a fundamental tool that will help us to gain an in-depth understanding of the daily challenges faced by individuals affected by ACL injuries in women's football, be they players, coaches, physicians, physiotherapists, or parents.

Our long-term goal is to publish a **UEFA Consensus on ACL Injury Prevention and Management by the summer of 2024 and an up-to-date ACL injury prevention programme**. The consensus will provide evidence-based guidelines on topics ranging from ACL injury prevention and common risk factors to injury mechanisms and optimal return-to-play strategies, all tailored specifically to women's football. This initiative will be at the core of a broader awareness campaign on ACL injuries and prevention, expected to start in the second half of 2024, to promote and educate stakeholders on prevention programmes at all levels of women's football.

UEFA is counting on you to share the enclosed documentation with all your:

1. National women's teams (including youth teams)
2. National women's leagues and clubs
3. Anyone else whom you think this may concern

and encourage every individual in the women's football community to fill it in.

Should you have any questions, please contact the UEFA Medical unit directly: medical@uefa.ch.

Yours faithfully,

U E F A



Theodore Theodoridis
General Secretary

cc

- UEFA Executive Committee
- UEFA Medical Committee
- European members of the FIFA Council
- FIFA, Zurich
- FIFPRO
- ECA