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La ITV del Barça

Messi, Marquez and Iniesta required to pass through the machine to prevent injury before each game.

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The FC Barcelona is taking very seriously the prevention of injuries. The arrival of Pep Guardiola to the first team has all served to intensify prevention protocols and to optimize the performance of players. The club's medical services have a machine known as 'OmegaWave' which has become the panacea to identify players at risk of injury.

Its operation is relatively simple. This is a machine that has ten sensors, connected to a computer, which measures, evaluates and regulates a number of variables such as aerobic and anaerobic capacity of the player, the lactic acid-laced, responsible for the degree of oxygenation muscle and muscle fatigue, among other parameters.

This machine was already in the club's medical services in recent years, his backer was the current doctor's basketball, Gil Rodas, but it was not until the arrival of Guardiola has taken a

leading role in the practice of prevention. Physiologist Stephen Gorostiaga - the 'guru' of athletic performance that has signed the Barcelona has given the 'OmegaWave' a prominent role in his 'log book'.

Its reliability for now is still very high, since there is no player in the first team that does not pass through the machine. So much so that the template is known, so nice, as 'truth machine', because the verdict can make the ownership of a player. In fact, also rotations are marked by the decision of medical services, which base part of their final verdict on the results of the machine and in the background of each player. It is not the same muscle fatigue explosive single player Leo Messi features that a presumably more static and Gerard Piqué.

Its use has been systematized especially 24 hours before the game and preferably before making the squad. Players with a history of muscle injuries are the first to go through chapel. That means, speaking in silver, Rafa Marquez, Andres Iniesta and Leo Messi have almost an obligation to submit to the machine in the previous encounters. And is that these three players have a long past of injury and are exposed to higher risk of muscle problems than other classmates. Therefore, in prevention work, apart from a specific and individualized training twice a week, also include the protocol 'OmegaWave' in order to obtain a full report of his condition. Anyway, sooner or later, all players pass the 'truth machine', as, for instance, most international return on Thursday, that day will be subject to an overall evaluation with the objective of determining the state where they arrive.

There are other players who already know exactly how this device being spent, for example, Brazilian Dani Alves after receiving a blow on the last training before the match against Atletico Madrid, was submitted to the machine, with a result as hopeless that he had to resign themselves to watching the game from the stands of Camp Nou. And is that doctors advised against his call and Guardiola took him from the list in an instant.

What indicates the risk of injury to a player? As easy as the software 'OmegaWave' has an indicator with three lights: green (no muscle fatigue so that the risk of injury is low), amber (muscle fatigue is moderate, but we must caution) and red (muscle fatigue and maximum high risk of injury). Obviously it is not infallible and only one machine is a better indicator to prevent injuries, but what is clear is that this is a very useful support to meet the fitness of a player. Although in any case, the human factor also counts, and much, when discarded or not a player, so you always have the last word doctors and obviously the player.