

PRACTICE: The couple

Joy of flex for Harry...

PRINCE Harry is learning the perfect downward dog pose as girlfriend Meghan Markle teaches him yoga. Pals close to the royal revealed she is helping him to limber up and destress by taking up the ancient Indian practice.

He is joining in floor routines and learning how to bend and flex like his US sweetheart. One source said: "Meghan has been loving sharing her pastime with her man.

## Strong

"Now she has been helping Harry experiment with some positions." The insider added: "Harry is strong still from his Army time, so mastering forward falls, planks and upward dogs have been easy going."





## protect bra

EXPERT WARNS OF CONCUSSION'S





She wants more research, education, awareness and public policy into preventing concussion in sports.

"I think Kevin Doyle has made a very smart decision in putting his brain before his game," she said.

"Prevention of concussion is the primary focus but the rigid rules need to be in place once a concussion is sustained."

Doyle said this year it became clear that heading was becoming problematic and causing him to have repeated twice this season and numerous other times in the past.

"After consulting with experts it has been decided that to avoid the possibility of these symptoms becoming more serious and permanent, I will be hanging up my boots for good," he said.

Dr Brennan said she always felt rugby was unfairly singled out as a dangerous sport for concussion injuries, when concussion accounts for 22 per cent of soccer injuries.

"In Ireland we have 450,000 soccer players, 400,000 GAA players and 180,000 rugby players," she said,

CONCERN: Dr Sabina Brennan

adding: "Statistics show soccer players make an average of six to seven headers per game — that's as much as 800 in a professional career.

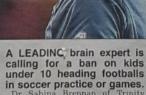
Dr Brennan added: "Concussion is a brain injury caused by trauma that is transmitted to the brain and results in impairment of brain function.
"It can be caused by a direct blow to the head or when a player takes a hard knock to another part of the body resulting in a rapid movement of the head causing a disturbance of brain function."

function.

She said concussion is particularly problematic in children because the effects last longer and their brains are far more vulnerable.

Meanwhile, the English Football Association and Professional Footballers' Association are said to be close to announcing the launch of a study into a possible link between heading the ball and brain injuries.

Many former players, families and brain-injury experts have been calling for more and better research on the issue ever since ex-West Brom forward Jeff Astle died from chronic traumatic encephalopathy in 2002.



calling for a ban on kids
under 10 heading footballs
in soccer practice or games.

Dr Sabina Brennan of Trinity
Frain Health made the call on the
back of former Irish international
Kevin Doyle announcing his retirement over his concerns about concussion and its symptoms.

She is also urging sports players
of all ages to move away from a
dangerous "toughing it out" attitude over concussion.

Guidelines were introduced by
the US Soccer Federation several
years ago after parents took a
class action suit charging FIFA,
US Soccer and American
Youth Soccer Organisation
with negligence. Now only
players aged between 11 and
13 can head the ball but
only during practice
not in games.

Policy

"There would be no harm in doing something similar with guidelines like these to protect our children," Dr Brennan told The Star, adding that US data showed more high school soccer players sustained concussion than athletes in wrestling, baseball, basketball and softball combined.